The Occult Digest

A Magazine for Everybody

ESTABLISHED 1925

JUNE

1938

Your Assets

First, your good *mind* and keen vision of that mind, sufficiently unprejudiced to judge and in judging carry out that judgment for your own preservation and all whom you come in contact with in your daily dealings with Life.

Be *unbiased* — be *truthful* with yourself, your family and your friends. If you deal *justly* with these, your best *c o m p a n i o n s*, your neighbor or your fellow-countryman will be dealt justly with also. You will be kind to the orphan and the man on the street who solicits your kind word.

Kindness and a friendly look rubs out the smudge of the battle that might be engendered. "Watch your Step" is an *old* slogan, but "Watch your thoughts" that your speech may flow fluently in constructive words and kindly gestures—ALL who *meet* you on the Highway of Life will give lavishly to your happiness.

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•

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The Occult Digest

A Magazine for Everybody

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EFFA E. DANELSON, *Editor and Publisher*

WE STAND FOR TRUTH UNMASKED — Make the world safe for INTELLIGENCE

VOLUME 14 — NUMBER 6

LOOKING FORWARD TO JULY

ANNOUNCING THE WINNER OF THE $50 PRIZE

April 26, 1938

Mrs. John W. Jesse,
2638 Hale Ave.,
Louisville, Ky.

Dear Mrs. Jesse:

We are happy to announce that your letter on "Tremendous Trifles" was considered the best of all submitted in The Occult Digest contest.

We take great pleasure in handing you our check for $50 which we include herewith.

Your letter, which disclosed an amazingly microscopic analysis of Mr. Gilbert's great work as well as the intent back of the composition, will be published in the July issue of the magazine.

Congratulating you on your success, we beg to remain

Most cordially yours,
CONTEST EDITOR

EXPERIENCES IN CONNECTION WITH SPIRIT FORCES

REGULAR FEATURES

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A JOURNEY TO THE SUN

By the Editor

THE distance between the earth orbit and the orbit of the Sun cannot be accurately measured by Time. One must of a necessity travel this distance by the little known faculty which all people possess and which we will name a vibratory needle of which the mariner's compass is the same family, being a vibratory motion or Life impulse. It moves instantaneously, reaching a point of contact measured by Time —a **wink.** One who consciously possesses this needle can travel from the earth to the sun instantly; in fact, the impulse to travel the distance is already spent before the thought becomes sufficiently concrete to register the desire. So man, traveling in his present vehicle, a few years hence will find it as clumsy and as tiresome as the air man would find riding on the back of a snail and equally wearisome.

"The new Age," the great criterion of the more progressive today will do their traveling by the vibratory impulse which instantly makes contact with any object or place of destination. Doing business across the sky, so to speak, with the inhabitants of the Sun by this **impulse ray** will be no more difficult than transacting business over long distance wave lengths, telephone, television and wireless, which will be out-moded through the discovery of these impulses. Communication between planets will be as easily accomplished and accurately established as the now noted Marconi impulse.

In this great **new** age man will detach himself from his physical body and travel at will to what now seems to be far distant stars. Man has builded cumbersome vehicles to transport his cumbersome body, but in the **new age,** through the development and understanding of a more tangible thought wave known to future generations as the **impulse** vibration, man will divest himself of his cumbersome vehicle and will step from planet to planet more easily and more quickly than he now goes from his house to his garden. The world is beginning to understand the law of creative impulse. The evolution of the planets has been far greater than the evolution of man. "The survival of the fittest" was a released impulse, taking form in the process of elimination of cumbersome bodies. Man is an **idler** and an **obstruction** to progress. The **earth** man is a plodder. The **air** man is a creator. The **light** man is a dispenser in the laboratory of Life. Every practical and progressive development began with the plodder and ended with the dispenser. Today there are armies banded together in every one of these departments, working as one unit, perfecting systems whereby these impulses may be controlled and directed as easily and as accurately as the coded word reaches you through the instrument of the telegraph. To comprehend this advancement one must be familiar with the laws of transfiguration. The **seance** room is the greatest laboratory now in objective creation of unseen forces which lies directly in the path of the so-called scientist; yet no use has been made of this law which **creates** instantaneously, covering **distance,** covering **Time,** evolving **space** from the uncreate to the create.

The greatest wealth that one can possess is possessed by one who can fathom in complete unit, instantly, the earth and every other unit revolving in space. Scientists with their cumbersome instruments will soon be as old fashioned in the scheme of Life as the **ox cart** is when compared with the swiftness of thought. The world in which "The survival of the fittest" will continue to exist will indeed be a fit place in which the children of Light may dwell.

THE VOICES OF THE

It Gives Us Great Pleasure to Give These Communications to the Inquiring World...

TO WHOM DOES THE EARTH BELONG?

THERE are those in authority who are telling the world that civilization is doomed. There never has been and there is not now any civilization in the world to be doomed. That which these learned groups are calling Civilization is Capitalization of groups calling themselves Nations. Capitalization of agriculture, mobilization of people for power to create greater and greater capitalization of products through industry; mob rule of the strong, destruction and enslavement of the weak. We repeat —civilization is not doomed because there is no civilization in the hearts of men and women, the one place where **Civilization** would have to be.

Like rare flowers in the garden, here and there, hidden away in unfrequented places there are groups in whose hearts there blooms a rare **human** flower. The capitalization, under the name of Government of its citizenry, is a prostitution of human rights and human values, but in no way and under no circumstances can it be called a civilizing procedure of human rights or privileges which constitutes the building of civilization. Selfishness and greed mark the progress of the peoples of the world and as this progress has moved forward in time, the brotherly love and the neighborly association of kindredship have been left behind. This false thing called civilization has raised its venomous head and spat upon the earth its poison everywhere.

The hope of civilization in any nation must be nourished in the **homes** and when nations **neglected** the homes they robbed the world of its only chance of becoming civilized. What **boast** availeth to any nation of its conquest over weaker and unprepared nations and especially **trusting** nations who are neighbors with just an imaginary line as a division of ground. Let us visualize the earth; to whom does it belong? Let us visualize the water—to whom does it belong?—and who gave the right to divide this land and this water? In whose power was placed the edict that certain sections could be staked out to certain groups? The Bible says, "The earth and its fullness thereof belongs to the Lord."

The greed of man turned the Garden of Eden into a thriving Hell. Oppression of the weak by the strong surely is not civilization. The wasting by the few of the resources of a nation, depriving the many of their livelihood and the earth's fullness cannot be called civilization. The conquering horde of the strong over the weak surely cannot be classed as a humanitarian act. No nation that has one suffering, starving child within its boundary can claim the title of civilization. To be civilized one must be humanized; one must have love and compassion, honor and discretion in all his dealings with humanity, in his own group, singly, or within groups wherever a relationship is established.

The white man has usurped the right to dominate all other men; dubbing himself "the white race" he places a price on the heads of every other race and he raises a flag of great dominance and calls himself civilized. He delegates to himself the right to destroy all things which displease him; he claims the minerals of the soil, the riches and possessions of the earth wherever he chooses to embark. Wherever the white man places his foot he plants a flag proclaiming his superiority and thus he declares his brand of civilization. Through usurpation he has grown to an **enormous monster,** filling the land with woe until today no quarter of the globe is free from his domination to make his brother his slave. The march of Time filling men's laps with luxuries cannot and will not bring civilization to any portion of the globe.

THE WORLD CAN ONLY BE CIVILIZED WHEN ITS NATIONS WHO DIVIDED THE EARTH BECOME HUMANIZED.

UNIVERSE SPEAKING

EFFA E. DANELSON, *Editor*

YOUTH AND ITS GOVERNMENT

ADVERSE criticism and abuse of the Government is not the procedure to take to cure the illness or to combat the disease. Each nation must depend upon its youth with clear vision—the youth that has been tried in the fire of adversity, not the youth of yesterday with their prejudiced minds and rebellious spirit but the youth of today and tomorrow whose vision is cleared by the oppression and depression through which the youth of yesterday struggled. The survivors of every disaster are the ones who clear away the debris and rebuild when the storms have abated. The **world** will be brought to sanity sooner than the makers of War and Dissension think.

The **makers** of War will find themselves face to face with the rising generation, demanding justice and freedom and an accounting of the stewardship entrusted to the keepers of the country's treasure house. The time does speedily come when the rising army of youth will take command of the Capitals of every country in the world.

The earth has become very small to the majority of the people living today; the airways, the rapid modes of transportation and communication developed in the last decade has reduced the size of the world to a minimum. The strong no longer rule. The **Thinker** has ascended the throne and will put to flight all destructive measures, that the **coming** boy and girl may be properly fed with food that builds thought as well as sinew. The coming generation will take **youth** off the streets and place them in houses of **learning** where now they are placed in houses of **correction.** The next innovation in the building of public institutions will be the building of institutions for the prevention of delinquency rather than institutions of destruction through corrective methods as is NOW the vogue. Error in the home is the chief contributing cause of youth running wild. The only successful prevention is to restore the **home,** for, after all, that is the only **real** inheritance that will save the boy and girl from crime.

LOOK INTO THIS, **YOU OFFICIALS** WHO HAVE BEEN ENTRUSTED WITH THE PRECIOUS LIVES OF THE **YOUNG** AND GROWING **BOY** AND **GIRL.**

EDITORIALS IN JUNE

Without Fear or Favor

JUNE

WHAT can we say of the month of June to add to the praises already sung to this glorious *mountain pass* between the breaking of winter's biting frosts and the harvesting of the ripened grains. *June,* the storehouse of Nature, holding all succulent morsels for the growing children of the earth, human, beast and insect, blade of grass, the beautiful flowers, the food bearing trees of summer and the towering trees whose roots grow deep, beyond the frost level of the winter's cold.

June—the hope of Nations and the joy of fond and loving parents who give their beloved children to the world to carry on the Life-stream that each succeeding generation may build stronger and better for the fortification of the *home,* the greatest institution of group interest and prosperity in the world.

The earth has dedicated with its emblem of simplicity this mid-summer month to the glory and benefit of every month throughout the year that all may share and share alike in the bounties of the Seasons, each in their turn.

June—glorious month of all months, we hail you and salute you. We bless all who claim you as their birth month. Give bountifully this year of 1938 that a contented PEACE may spread its mantle over the whole world and make the hearts of men joyous that the carnage of WAR may be forgotten. Open the floodgates of joyous *living* and *giving* that not one of your little ones may suffer the pangs of hunger or the frost bite of the coming winter. Bring Joy! Joy! Bring Happiness overflowing to every heart. June—bless us with Truth and give *honor* among the peoples of earth.

MONEY

IF, AS it has been said, money is the root of all evil, it must also be said that it is not only the root of all good but it is the fruit thereof. Money in itself is neither good nor bad. The resulting good and evil is the creation of the process of handling money. To root out the evil it would be necessary to exclude the exchange of money for evil transactions and to enhance the good fruit of money it would be necessary to increase the value of that medium of exchange that the need and supply balance. In the last analysis all profits would have to be excluded from all transactions where money is given in exchange. It is not the money or the product of exchange that creates *good* and *evil.* It is the residue of profit which creates evil and extracts good. Profit in the exchange for the necessities of life is responsible for the division of mind existing today. Were it not for the workers there could be no capitalists; were it not for the capitalists there would be no workers and without the combination there would be no medium of exchange. The evil is created and multiplied through excess profits claimed and utilized by the selfish and inhuman distorter of privileges. A fair profit as an insurance against losses must be on the ledger side, chronicled as good assets, redeemable for the mutual benefit of the employer and employed.

To do away with the evil uses, all the necessities of life necessary for human comfort and happiness should be Government property—equal rights to all and privileges to none. Every child born to a nation IS the nation's asset and should be their greatest concern. There should be no monarchs in industry from which flows the life stream of humanity. Monarchs in any nation are a liability to that nation; they are the creators of dissatisfaction, disloyalty and the slums. No child is born to the slums. They are placed there by the greedy monarchs who control every avenue of supply. There is no child born in crime; all children are born to nobility; they are robbed of their noble heritage by selfish, greedy men and women who rob them of their rightful supply of healthy environment and the world's heritage.

Every country, whether they be Democracies or Governments ruled by Kings or Emperors, belong to the people and those in charge should rule with a guarded hand to preserve the rights of the people that each individual has the necessary supply for the necessities of Life for good citizenry. An excess of the good things gained by those who style themselves more worthy than others is the direct cause of the inequality. They are the makers of the slums—they are the creators of selfishness; at their door is to be found the root of all evil, the cause of dissatisfaction, sorrow, destitution and crime.

Money is the great artery that feeds all good. The possession of excess profits in business, among men and among nations is the *creator* of the *cancerous* evil spreading its tentacles throughout the world. To abolish crime each nation must realize *this* enemy and cut off its artery of supply by taking over the control of the necessities of Life. There should be no barter or exchange in the products that feed, house and clothe the people of the earth.

WITH OUR TIMES

BY EFFA DANELSON

Let men gamble in the luxuries of Life, but not in its necessities. Money is the root of all good and the false growth coming from excess profits must be destroyed by government control if we would rid the world of evil.

ATTAINMENT

TO ATTAIN the things your heart most desires you must make a *conscious* picture of the *cherished* wish in its entirety or completeness. If you want financial success you must eliminate all *errors* that stand between you and your goal. You must make, first of all, the necessary summing of cost sufficient to purchase (over and above all of your liabilities) the debt that hangs between you and that financial success. This same formula can be adapted to every other success you are seeking. You must visualize the possession of the goal for yourself. You do this by visualizing the mental and physical strength to hold that goal after all errors have been eliminated, all barriers hurdled and all obstructions and objections removed. You must place yourself in the position of the *conquering* hero receiving congratulations from his superior. Even in small matters, every day trifling things—things that irritate and aggravate, disturbing frailties that become such monsters when encouraged, must be eliminated, *each one* as it aligns itself to disturb. In the last analysis you must gain sufficient control over your stock room that nothing becomes depleted and nothing is pilfered by an excuse for *weaknesses*.

When the day is done and you are ready for sleep eliminate every thought of the day from your mind; retain *only* the memory of that thing which served you and served you well. By doing this you will have a seed of *plenty* to place in the structure of your memory for prospective and perfect activity to begin a new day. Place this seed so strong in your mind that if you are awakened from your slumber the guarding of this seed will flood your memory; though you be awakened several times before the time to arise, each time as you enter the sleep state be conscious of *this* seed reposing in your *memory* chamber. When you arise in the morning remember always to take time to awaken before rising from your bed. There must never be such haste and such demands on your time that you cannot begin the day right. Even though you are startled awake induce calmness and before you attempt to arise take a very deep breath and exhale. Do this three times.

This mild exercise stations all the guards at their place of duty. Then stretch your limbs, your arms and back without arising from your bed, not even your head. During this exercise keep your eyes relaxed and closed. After this is accomplished turn on your right side and with ease lift yourself from your bed. If you are unable to arise from your bed on the right side resume your position while stretching and turn to the left side and rise from the left. Do not rise while reclining, by throwing your feet off the bed. More injuries to spines which react in unbalancing the body are caused by sudden jumping out of bed to the feet without preparing the body for activities than any one realizes. When you have fully regained your wakefulness then you may successfully take up the duties of the day through mental enumeration, always with that assurance of success—success in the day you are just beginning to live—not success some day in the distant future. If we can count one success at the end of every day the future is assured and *insured*. Always remember this—that your body is the Temple of the Living Life and for this Life *you and you alone* are responsible.

Through watchfulness and vigilance after you have taken charge of this temple, you and you only are responsible. The building up of strength through brain power will enable you to conquer all adversaries. Your enemies are legion. To name a few: there is lack of interest—of knowledge and lack of responsibility in the welfare and care of this great gift from Life—your Temple of flesh. Another adversary which you must always be on guard against is selfishness and arrogance. Your attitude toward others and their rights are your responsibilities and your assets as well. Honorableness and honesty with yourself is one of the greatest assets you have. It is even greater than your honorable and honest relations with your fellowman. If you had no other instructions for yourself and no other line of action and would fulfill these obligations to yourself, happiness and the fulfilment of your aspirations and your inspirations and the goal of your Life would shelter you at the end of each day.

Our instructions are simple and easy to follow and if religiously practiced will fulfill to you every wish your mind could set into motion. After all, the mind carries the weight of the day and the burden of the night. Let your motto be "Relax and rest" at nightfall and in the morning "Awaken to duty." These two mantras spoken into your consciousness when you retire and when you awake will reward you with the fullness of Life.

The Denial of Matter in the Allness of Spirit

By ERNEST WILLIAMS JONES HUGHES

THIS great question confronts occult students and has divided many truth seeking minds, therefore it is timely to seek out the old masters and compare their versions with modern metaphysical sciences if such there be.

Probably the greatest discussion of the age among advanced students centers around the Christian Science Scientific Statement of Being, found on page 468, of Science and Health With Key to the Scriptures, by Mary Baker Eddy.

"There is no life, truth, intelligence, nor substance in matter. All is infinite Mind and its infinite manifestation, for God is All-in-All. Spirit is immortal Truth; matter is mortal error. Spirit is the real and eternal; matter is the unreal and temporal. Spirit is God, and man is His image and likeness. Therefore man is not material; he is spiritual."

Not only among materially minded men but among advanced students of the occult science, this statement has been labeled untrue and ridiculous, but the writer feels that the theory that all is spirit, is substantiated by the most authentic writers of the old sciences.

Let us delve into the thoughts of those wise philosophers, Hermes Trismegistus and Jacob Boehme from whose writings, and others, the Allness of Spirit originated. The question really takes us to the highest realm of Divine Spirit for it is the keynote of Divine Healing.

When man affirms that he is Spiritual and learns to know and understand in Love and Humility, that there is only One Power, the barnacles of material trouble and sickness leave him and he experiences a spirit of levitation in his bodily senses. This the student can prove for himself without taking the writer's word for it, but inasmuch as it has been proved by many thousands of people, we will use it as a premise to our discussion.

Jacob Boehme, speaking of the "Power of the Glory of God" states, "Out of which Science all Things grow, blossom, flourish and yield fruit, which Power lies within the Quint Essentia, and is a CURE OF SICKNESS."

Now along comes an occult student, one of our Occult Digest writers, and states:

"Christian Science states that there is no life, substance or intelligence in matter—a fact which even laboratory scientists know to be untrue as they realize that Energy or Force, which to us occultists is Spirit, is in all things, in every atom. There is no such thing as spirit and matter, but all are the polarities of the One Substance—Spirit in the essence form, matter in its densest form."

Now in reality, is there much difference between these two ideas? Where does matter end and Spirit begin? Is *all* Spirit? Is there a point of contact between the two or are they One? Is matter but a vibration or degree of Spirit?

Recent findings of physical science lead man closer each day to a metaphysical understanding. Radio waves have advanced man almost to telepathy and electricity may be but the advanced material manifestation of the great angel El. Angelic thoughts of power in love, wisdom in understanding, are discovered in electrical beneficial contacts. Neither of these essences and forces can be used without wisdom and understanding. Yes, where does matter end and Spirit begin?

Now in our occult science we are agreed that God is All-in-All. All Power, all Science. Also as Divine Substance and Essence He is our Life. There is no other Life. He is All-in-All and this All-in-All is Spirit. Then where does matter commence, or is there any such thing as matter?

Hermes Trismegistus states that "The Mind of the Great Lord is the Most Mighty and Absolute Emperor" and he further states, "Holy is God Whose Will is Performed and accomplished by *His Own Powers.*"

Have we not learned by experience that there is only One Power, One God. Then whence comes the existence of or power of matter, if such there be?

We find in "Of Election," Chapter 1, by Jacob Boehme:

"But there being nothing *before* God, therefore there is nothing that can move him to any thing; for if any thing did move him, then were *that* before and greater than Himself, and it would be that God was at odds and divided in Himself, and then also that must be movable from a Beginning, since it did move itself.

"But we tell you, in or according to the Saying of the Only ONE, that the Being, Essence or Substance of God, so far as he is called God, is understood to be *without* Ground, Place and Time, dwelling in himself, and not to be considered as in any several *distinct* Place, with a separated dwelling apart.

"But wilt thou know where God dwells, take away Nature and Creature, and then GOD is *ALL;* take away the outspoken formed Word, and then thou seest the Eternal *speaking Word,* which the Father speaks forth in the Son, and thou seest the hidden *Wisdom* of God.

"But thou wilt say, I cannot take away Nature and Creature from me; for if that were done, I should be nothing, therefore I must represent the Deity by an Image or Resemblance, because I see that there is in me Evil and Good, and so also, it is to be understood in the whole Creature.

"But hearken my Brother, God says in Moses, 'Thou shalt make thee no Image of my God, neither in Heaven nor upon the Earth, nor in the Water, nor in any thing,' to signify that He is no Image, nor wants any place to dwell in, neither should man *seek* for Him in any Place, but only in His formed outspoken or expressed Word, viz., in the Image of God, in MAN HIMSELF.

"As it is written, 'The Word is near Thee, viz., in thy mouth and heart'."

In our seeking for the answer to our question it seems that one point stands out clearly. God is not *in* man, for God is without Ground, Place or Time, therefore God must *be* man. Man must be the manifestation of God for God is his only Life. This would indicate that man is wholly Spiritual, of the Being, Substance and Essence of God, demonstrating and manifesting God according to his development in wisdom and understanding, as the flowers of the field manifest the colors of the rays of the Sun.

Note the beloved Boehme says, "Take away Nature and Creature, and then God is ALL." And we know if we pass away this moment that God is no longer expressed; there is no Life without God. Therefore Life must be Spirit. The so-called material body remains but there is no life, truth, intelligence nor substance in it. It is not any part of us then; it belongs to nature as it is only earth and water. There is no Power in that body; no Truth, no Goodness, no Beauty. Therefore can man be anything but Spiritual?

Now it is quite clear to the practiced student that a human body is refined by "That Mighty and Absolute Emperor," the Mind, when that Mind in understanding is The Mind of the Great Lord. Under the vibratory refinement of the Mind the body becomes light, so locomotion and levitation must be Spiritual. Love and Wisdom, says Swedenborg, determine the quality and color of the blood and they are Spiritual. And of what vibration is the heart and brain? The heart has no action and the brain does not function when Life, the Manifestation of Spirit, is no more. Then what have we left? We call it matter and some assert that Life and Intelligence are in matter.

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The Ethics of Natural Foods

By LILLIAN R. CARQUE
Kar-Kay Natural Foods Research

THERE is a tendency on the part of most political radicals and lovers of liberty to attribute world evils to an apparently unjust economic system. I quite agree that with the establishment of a saner social order, we would destroy many seemingly permanent sources of misery and hindrances to happiness. True—the organization of society is such that it awakens all evil tendencies. A favorable environment will develop, however little, the weak social instincts of man. But we must not attribute our present social unrest to political causes only. These, of course, influence the scheme of things. Man's struggle with his environment is a negative rather than a positive issue. The defeats or triumphs of his social institutions are really the redemption and vindication of his thoughts and motives. The far deeper causes for social disease are the outcome of the false course of life followed by the people due to materialism—an absence of lofty and noble spiritual thinking and plain living, causing a resultant artificial structure of society.

High thinking—the antidote of materialism—combined with the simple life, will ultimately place us more in sympathetic relation to the laws of nature and the laws which govern our being. Thus we obviate the need for the restoration of any violated equilibrium physically, mentally and morally in the universe. A great deal of evil today is due to dislodged or usurped vital vibratory energies, rendering natural law inharmoniously operative. We are creating by our ignorance, greed, selfishness and gluttony an atmosphere that is antagonistic to the universality of the law of harmony, and hence we call into play discordant vibratory currents. A purity and sobriety of heart and mind, fortified by a nobility of character must inevitably accrue to ourselves as virtues, when we learn to direct our base animal appetites and passions subservient to the commands of our higher mind and nobler soul.

In the selection of his food and in the control of his appetite, the individual passes a test of character more severe and critically unerring than if he stood before the most august body of judges. In his power to control his appetite, face to face with the numberless opportunities that every hour of the day prompt its gratification, requires more firmness of will and strength of character than many a temptation of vastly more formidable aspect. The character of the food deliberately chosen by an individual for his diet is directly or indirectly determined by his own character. The evolution of the mind must invariably be in advance of the evolution of diet. In other words, a mind controlled by a devouring, beastly gluttony responds to foods of a corresponding grossness.

At the emergence of more refined impulses in the mind, there ensues a dietary response in the form of the more hardy vegetables such as turnips, onions, carrots, cabbage, cauliflower, peas and beans. As the mind of man continues along the upward striving of culture, we notice among the coarser tubers, the finer leafy vegetables, such as lettuce, watercress, celery, parsley, etc. Fruit is the latest expression of nature in the evolution of foods, undeniably in response to the urge in the individual for a more refined diet. The mind began to feel the need for subtler nourishment to sustain the stirring yet feeble impulses towards a higher, more sympathetic life. In the fruit we have the finest form of nourishment which ingenuity as yet has caused to be evolved. Its high manifestation of electric and magnetic energies; its readiness to enter into the vital processes of physiological chemistry; its nutritive value united with ease of digestion, and its non-irritating roughage in just the essential and balanced proportions, give to fruit a dietetic value unparalleled in the scale of other natural foods.

Furthermore, the constantly increasing demand for fruit as part of the human dietary, with a subsequent increase in the quantity and quality of its output, indicates a general ascent of human life along all the various avenues of human expression. The advent of the reign of fruit in the realm of diet is significant. It stands as an answer to a demand for higher ideals and modes of life. Dietetic purity and balance can have a basis only in direct ratio to moral purity and balance. A persistent craving for a pure wholesome diet will arise within ourselves only proportionate to a mind whose own purity demands a corresponding purity of food.

Hence the exclusive diet on leafy vegetables and fruit for a man of gross passionate mind would involve the same difficulties in the combustion and distribution of heat and energy in his system, as the explosive heat generated by some swift combustible fuel like paper in a steam engine. In either case the inadequacy of the engine to adjust itself to the rapid heat evolution would render the use of such fuel not only impractical, but dangerous. A diet on fruit, which in a refined self-composed and idealistic nature would result in the most beneficial changes, might very probably give rise to tissue starvation and progressive emaciation in an eccentric, passionate and ungovernable subject. A gross animal-disposed and animal-fed nature, if suddenly reduced to a diet of fruit and green-leafy vegetables, would very likely come to grief in his experiments and suffer physiological disturbances, because of the failure of his digestive functions to react normally on the high-tensioned discharge of the subtle polarization of fruit yielding a quick-burning fruit sugar, ready for immediate absorption into the blood stream. A slower means of combustion is more harmonious to a nature dissipating tremendous leakages of vital force through assorted forms of mental, moral, emotional and physical misconduct; and hence it constantly makes demands upon the organism for copious quantities of fuel more tardy in ignition to replenish a continuous and even violent diminution of energy. In one of his lectures the late Professor Huxley of Oxford, England, once made the statement that "the future of the world belongs to the vegetarian," because he undeniably visualized that our moral regeneration, side by side with our physical development, would ultimately evolve digestive and assimilating powers corresponding to a higher hygienic phase of diet.

It is a mistake to regard the moral side of human nature and physical nature as entities progressing through separate air-tight compartments. Mind and matter, form and idea, spirit and substance. in every ramification of life and consciousness, follow the same principles and orders of expression, are subject to the same laws of rise and fall, of growth and decay, of evolution and involution. Nature advances only to the extent man advances. Mentally, she responds to human thought and imagination with the same necessity as she physically responds to the seeds and nuclei of growth deposited in the soil. If the seed is degenerate, the resulting growth also becomes degenerate; while with no seed, nature will yield no response at all—a fact equally applicable to conditions pertaining to the culture of the mind. For man is at once the vilifier or degrader as well as the purifier of nature, according to the character of his motives; and hence he refines or elevates, purges and perfects —or *debases*—**all matter or** life, organic or inorganic, by his thoughts and motives. While he demoralizes the whole of nature and *himself* through the poison of his selfish emanations or vibrations, yet the case of humanity is not hopeless, for while evil defiles, altruism serves as the purifier or antidote.

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Instinct and Intuition in the Animal Mind

By ROBERT M. HUMPHREYS

RECENTLY I have been asked to define the following terms as used in an article appearing in The Occult Digest.

1st. What is instinct?

2nd. What is instinctual memory?

3rd. How account for the homing instinct in pigeons, over entirely new terrain concerning which the pigeon could have no memory?

4th. Will the idea of group soul intelligence explain instinct?

5th. Will the theory of group soul direction explain the migratory instinct in birds, and the homing instinct in the homing pigeon?

In attempting to answer these questions it must be acknowledged that the knowledge available at the present time concerning the functioning of intelligence in the human mind is much too limited to give anything like a positive answer, and that our knowledge of the functioning of intelligence in the animal mind is even more limited.

This lack of definite knowledge is very aptly illustrated by a professor of psychology—Dr. Fuller—and an authority on the subject, who makes the very frank statement that they — the psychologists—do not know what mind is, and that to give a comprehensive definition of intelligence is impossible. It appears to me, however, that there are some factors in what we are accustomed to call mind, that have not been given the consideration they deserve. I refer to the single cell and its relation to intelligence, consciousness, memory, etc. From what I have been able to gather from the reading of various treatises on cell life, it appears to me that the single cell is not only the unit of life, but the unit of intelligence and consciousness as well. It is the lowest and simplest form of animate organism, and it has been proved by many scientific experiments to possess both intelligence and consciousness. Consequently, it would appear that whether as a single cell, in groups of simple cells like some of the lower organisms or in more complex groups of cells—like some organ of a higher organism, like the liver for example—that these cells retain a measure of their individual intelligence, consciousness and independence of action, as well as having the same qualities interdependently with the other cells of the same mass or organ. Apparently this would also be true of the cell group —like the liver or kidneys—in relation to the consciousness and intelligence of the entire organism. Apparently it is in this cell consciousness and intelligence that we will have to look for the source of what we call instinct, and that in the single cell or group of simple cells will be found the answer to many questions that perplex the scientist today.

Anything like a comprehensive definition of what we call instinct would be long and involved so I will try to illustrate my meaning by the use of several concrete examples and at the same time try to make my meaning clear as to what I mean by cell or instinctual memory.

The hunger urge, the sex urge, the digestion and assimilation of food, is purely instinctive. So is the urge of fish, seal and other sea mammals to return to the breeding grounds as the mating season approaches. These are primal instincts as is the instinct of the young of the mammalia to suckle: they *know where* and *how* to get their dinners. There are other instincts that are acquired such as the migratory instinct in birds and animals. There are many other acquired instincts. It has been demonstrated that if eggs in an incubator are *talked* to by the attendant who cares for them, that when the chicks are hatched they will know the voice of this attendant but *not* the voice of anyone else. There is one species of spider that weaves a very beautiful and intricate web. The peculiar part of this is that if the spider is interrupted in this process, it is compelled to go back to the beginning and start all over, each operation of the weaving when completed appears to release an impulse to take the next step. This appears to be a case in which cell or instinctual memory plays an important part: each part of the web when completed releasing a *memory* of what the next step is to be. This instinctual memory plays an important part in all acquired instincts, rising into consciousness as an urge to perform the action, whatever it may be.

The primal cell intelligence which we call instinct appears to have much to do with the building of the various organs that compose the bodies of the higher organisms, and it seems to be certain that cell memory plays an important part in this process. Of course there is much back of this that cannot be discussed within the limits of an article: there is much, very much, that we do not know. Von Hartman's excellent work, "UNCONSCIOUS MEMORY" (translated by Samuel Butler) gives much light on this subject. This book can be found in any good public library.

In the migratory instinct of birds and animals and the homing instinct of pigeons and bees, it undoubtedly *is* instinct that furnishes the motivating principle for their actions, but the directing or guiding influence in these migrations, and the manner in which the bee or the homing pigeon find their way to the hive or cote, appears to be something entirely different.

Anyone who has observed the excited and noisy gatherings of black birds and of some other migratory birds, would certainly conclude that group intelligence had something to do with it. They might conclude that group *Memory* was the principle which enabled them to find their way to some given locality, and perhaps it really does have something to do with their sense of direction in some cases. Against this theory, however, is the recorded observations of the keepers of a lighthouse on the southeast coast of England. These keepers recorded the passing of a flight of starlings that were seven hours in passing, and these birds flew in a straight line, and at night. As one of them expressed it, "They flew in a straight line as though they were attached to a string somewhere up ahead, and were being pulled by it; they would not even swerve aside when the solid bulk of the lighthouse loomed ahead of them." They recorded that hundreds of them were killed by dashing against the stone wall of the lighthouse.

The theory of group soul intelligence will not account for the ability of the homing pigeon to find its way home over unfamiliar territory, or of the bee to find its way to the hive from a point outside its habitat any more than it will account for the storks mentioned in the clipping of the Chicago Examiner, in finding their way home to Poland from Palestine, after being carried in an airplane and released in the latter country.

It seems to be very evident that if a satisfactory answer to the question of *how* migratory animals, birds and fish find their way to where they want to go, it must be found in some other factor besides the foregoing. It is a fact familiar to all scientists that everything gives off or emits vibrations: rocks, trees, hills, mountains and everything else. It is also a known fact that many birds, fish and animals are much more sensitive to some vibrations of a high frequency than is the average human being. Everybody now-a-days is familiar with the directional radio beam used to guide airplanes to the landing field, and with radio broadcasting stations that radiate vibrations in *all* directions, and can be picked up by any radio within range. It is also a known fact that these vibrations—or very few of them at least—are not dissipated into outer space. They follow the curvature of the earth, and are confined to a more or less definite atmospheric strata. Furthermore it is known that they follow a straight line —laterally—for great distances.

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HOW I BEGAN TO PAINT

By CHARLOTTE G. FRIETSCH GUNTER

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MY FIRST steps in the world of painting came to me through the medium of a dream. As the gift of song came to CAEDMON in his dream, so also did the great gift come upon me in a strange way. I had, of course, the ordinary fundamental knowledge that one acquires in one's early years' study of color and line. But so have we all. Even as a small child, however, color and line, beauty of movement or sound had never failed to move me deeply. Thus we may see there were latent seeds stirring in the depths of my being which needed but some magic spur to rouse them to life. It may seem odd, too, that these early yearnings were invariably thwarted by those nearest me and who could easily have aided me in developing talent that cried aloud for expression. As I see it now, it was a species of cruelty inflicted because of crude adult envy backed by ulterior motives of reserving my young energies for family drudgery. Later I ran away from this environment, although still a minor and immediately surrounded myself with all the gorgeous colors my spirit craved. In the meantime, I was faced with the problem of earning a living, but that is another story. Having resolved upon a practical plan, I lost no time in seeking the aesthetic delights offered by picture galleries and museums, to say nothing of the enjoyment I found in the inexhaustible charms offered by nature. I was now free to use my time to advantage and use it I did.

I remember well how it was impressed upon me that color and music, movement and sound, thought and feeling were all interpenetratingly related. It so happened one evening, after having attended a symphony concert, that upon reaching home, or my one-room apartment which had now become my home since I had deserted the mansions in which I had formerly dwelt, I sat down to dream about the strains of music that still linger on the air. As I lazily mused upon the meaning underlying the different movements of the music, my eye strayed to a picture on the wall. It was a simple landscape. Yet, it fascinated my gaze to such an extent that, as would be the case with anyone I suppose under similar circumstances, the landscape began taking on all manner of weird shapes. Even the colors changed, seeming to take on the essence of lights which floated in and out among the shining trees of the painting. At the moment all this seemed very natural, quite real to me, although later it did impress me as being rather uncanny. At the time, while gazing intently at this picture on the wall the thought suddenly came to me, "Why shouldn't I paint?" I was happy when surrounded by color and in my imagination I was forever weaving pictures, so why should I not try wielding the brush? The idea clung to me tenaciously. If it had been any other time than midnight, I should have rushed out to procure paints and brushes, right then and there. My imagination became, on the spur of the moment, a wild horse which took me to unheard-of fields of adventure. I would and I could become an artist. I had no legitimate grounds of the standard kind upon which to base my daring belief in myself, but at that moment I was dauntless, intrepid and indomitable. I was so definitely and irrevocably seized with the idea that I must paint—what, I did not know and had not decided—as to make sleep almost an utter impossibility. Finally sleep did overtake my wild speculations and carried me off to a still more adventurous encounter.

It could not have been long after I had fallen asleep when I found myself wandering in a vast hall. Here, as in the painting I had concentrated on, just before falling asleep, I also found color taking on the essence of light. As I proceeded through this mammoth hall, it grew elastic, stretching itself in whichever direction I chose to take. The colors kept steadily increasing and gradually each color was accompanied by a definite sound. I floated along—alone with my ecstatic joy. Such supreme sense of bliss had yet to be granted me in my waking state. The mammoth hall, raised walls here and there; from invisible sources, other halls and smaller rooms formed themselves out of the dream-stuff wherein I wandered. I felt neither fear nor astonishment. I had never been so happy. The only actual sensation that I can remember is one of pure undiluted happiness. Joy pervaded my being as I strolled through this marvelous hall of ceaselessly flashing color. Amazement seized me, however, when with an equal suddenness the expanse of wall was quickly covered with paintings. This feeling was probably not unmixed with a slight fear when in the distance I perceived three white-robed figures, ancient-looking men, approach me, steadily and determinedly. I sought to flee, but as is the case in such dream-situations, I stood rooted to the ground. Upon awakening, I was glad this was so, as will be seen.

As the three strange figures drew nearer, they transfixed me with their shining orbs which seemed to burn into my soul. I braced myself for the encounter summoning my fighting spirit to the fore. This act caused all sense of fear to fall from me, bringing in its wake a strong surge of power and strength.

"It is remarkable that I feel no fear," was the thought that came to me in the dream. I reflected no further upon the phenomenon but busied myself demanding who these ancient creatures might be and what their mission. Outside of its being more than strange, even as a dream, their answer appeared in no way to surprise me. They solemnly declared that they had come to these vast galleries to instruct me concerning the works of art hanging upon the many walls. On hearing this a surge of intense joy swept over my soul. I turned to gaze anew at the great display upon the walls. There were scenes of every description, massive and minute as to dimension. From picture to picture my eyes eagerly rushed, anxious to miss no single detail. Gorgeous palaces, lovely figures, a luxuriousness of flowers, birds and landscapes passed before my gaze in panoramic review. For an instant I let my eyes rest on my historical-looking companions who were regarding me in owlish silence. When I again turned to enjoy the beauty that hung upon the vast walls the scene had, to my utter amazement, undergone a complete change.

Now there danced upon the canvas spread out for inspection every known species of animal. The colors still held me spellbound although the subject-matter had never interested me, even in a waking state. At this stage of my dream the ancients raised their voices and with one accord they declared me to be the author of the paintings now vividly and wildly dancing upon the canvas of each painting. I vigorously denied the authorship, but not the slightest attention was paid to my remonstrance. They calmly proceeded to point out certain errors here and there, criticizing various phases of the animals' movements and explaining the colors as well as the meaning of the different combinations. It appeared in the dream while they spoke I became tongue-tied and was forced to listen nolens volens. It seemed that as I listened I became firmly convinced that these pictures were of my making and the old yearning that I had had so often in my waking state again swept over me with a fierceness never yet experienced. It must have been at this point that the dream-gentlemen vanished and I awoke to find daybreak coldly regarding me. In no way disconcerted I immediately got up to make note of my remarkable dream, for it had been only too real a moment ago.

Needless to say, the instruction and inspiration I derived from that mar-

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THE WELDING OF THE

By ETHYL

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TO BLEND science and religion is the path of the Plutian nature on the pioneering fields of today; now, what do we mean by the Plutian nature? We mean that those individuals who have the Planet PLUTO playing an important part in their astral vibratory set-ups will be driven by the urge of their sub-conscious or astral faculties to seek the TRUTH and its idiosyncracies; they will seek it over two pathways, either of them will eventually lead to SPIRITUALITY or a HIGHER state of consciousness.

Advanced humanity, "THE THINKERS," have come under the influence of PLUTO'S energy. Even though he was not visible to the astronomers his energy has ever been present to be tapped, through the will-to-do, to dare, to think, and to be silent.

Our present-day Bible is a history of man's mind from the year 4004 B.C. until the present; let us try with alchemical formula and astrological signatures to blend these FORCES until we have a basis for DIRECT THINKING in tune with NATURE'S LAW.

Astronomers tell of an imaginary belt called the ZODIAC, which is divided into twelve equal parts, each part has rule over a constellation of stars, called Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagattarius, Capricorn, Aquarius and Pisces. They have also given the material minded man knowledge of a period of time called a Sideral Year; a Sideral Year represents the passage of the SUN through one of the twelve signs of the zodiac; this consumes about 2158 years. Galileo discovered the astral universe and we term this science astronomy. Astrologers have recognized this ASTRAL UNIVERSE and ASTRONOMY for thousands of years, but they go a few steps further with their investigations and find an ENERGY behind the astral universe which they call the *soul of things;* behind the soul, they say, is the *spirit* or *life* which activates the soul.

Blending Bible history with the symbolism of the zodiac, we shall assume that the 4004 years which cover the history of the OLD TESTAMENT is a story of the SUN'S passage (by virtue of the PRECESSION of the EQUINOX) through the sign of Taurus and Aries; study of the first half of the Old Testament gives one the understanding that humanity worshipped the GOLDEN CALF — the symbol of the sign of Taurus is the bull—here is symbology—a golden calf fully matured as a positive masculine force—the bull of Taurus. The last half of the Old Testament tells of the *worship* of the LAMB—the symbol of Aries is the RAM—a lamb fully matured as a positive masculine force—the ram of Aries. Through the signs of Taurus and Aries we have accounted for 4317 years; this overlaps the 4004 of the Old Testament by 312 years; let us not be concerned, history is full of discrepancies.

The path of Neptune, "The Eternal Woman," rules the *mystic mind* through the constellation Pisces, this path was shown us by the Christ teaching through the man JESUS.

The New Testament is a history of miracles and parables—Christ fed the multitude five loaves and two little fish —does anyone actually believe that five thousand people were fed with five loaves and two fish? Jesus the man was a MYSTIC, an *advance agent,* and ushered in the PISCEAN AGE with the admonition that "Ye love one another." Jesus was a student of *mysticism and occultism;* He had blended the forces of the PISCEAN and AQUARIAN AGES and knew that the five physical senses were to be fed spiritual understanding, but the Bible says, He also fed them two little fish; two fastened together and swimming away from each other, are the symbol of the sign PISCES. They symbolize the physical man and the spiritual man connected by strands of astral energy and working on all planes of consciousness through the pioneering spirits and advanced thinkers of humanity. THIS WAS WHAT THE CHRIST THROUGH JESUS FED THE FIVE THOUSAND.

Nineteen hundred and thirty-seven years ago this man Jesus knew NATURAL LAW and because of the misunderstanding and misapplication of these teachings, WE THE PEOPLE, are still BONDMEN to MATTER. Humanity with very few exceptions have followed the Bible text and the CHRIST teachings as a literal truth, their emotions have mightily been played on by the different orthodox religions.

Neptune, the HIGHER OCTAVE of Venus (called the goddess of love), was the planetary ruler for the PISCEAN AGE; the people of this age through their love of mysticism and emotionalism have been spiritually too lazy to use the faculties given them by nature and thereby to evolve a more *individual soul.*

THE PATH OF URANUS, "The Eternal Man," rules the occult mind through the constellation AQUARIUS —we are all on the path of Uranus and are helping to usher in this NEW AGE; Uranus rules the science of the soul of all things astrological, and it is through the science of astrology and its SPIRITUAL understanding that we will find *our way* in the Aquarian age.

The CHRIST is what? On the path of evolution the CHRIST is the turning point of consciousness between the highest state of animal-life MAN and an *angelic being.* There is a passage in the Bible which reads, "God made Christ a little lower than the Angels," the Christ in you my brothers, and in me, at this transitory period, the merging of the Piscean and Aquarian ages must blend the vibrations of the mystic planet Neptune—*the bride* and the occult planet Uranus—*the bridegroom*—he says—COME.

Astrology is a milestone along the path of evolution joining science and religion. Astrology holds all the wealth of the sages, it is the WISDOM-RELIGION of the ages. When we sow the seeds of Astrology in our minds, we reap the TRUTHS of incarnation.

The CROSS is a symbol of man with his arms extended; man *crucifies* himself through his own body by letting vibrations play through his senses; VIBRATIONS are shadows on the cross.

Immutable law is the LORD of the universe. "A light shineth in the darkness and the darkness comprehendeth it not."

We, the human family, have been created and endowed with Light, Life, or Love; this creative energy has seen fit to endow us with seven senses, five of which are external; these senses we consider gifts of nature, gifts of GOD, and they are the primary regulators of our active life, as by them alone we are conscious of the distance, nature and properties of external objects. The objects of human knowledge are innumerable, the channels through which they are conveyed are few and ruled by planetary powers. Hearing is ruled by Saturn, seeing by Mercury, feeling by Venus, smelling by Jupiter, and tasting by Mars. These are the five external senses and the ones most developed by the masses; however, at this stage of the evolution of our universe and man, there are two other senses that can be developed. We will call the sixth sense—INTUITION. Intuition has three channels which, when perfected, are the avenues of inspiration by which the astral brain and abstract thought contacts the human MIND. These channels are CLAIRVOYANCE or ASTRAL sight, ruled by Uranus, the higher OCTAVE of Mercury, ruler of Virgo; psychometry or astral TOUCH, ruled by Neptune, the higher OCTAVE of Venus, ruler of Taurus; CLAIRAUDIENCE or ASTRAL hearing probably ruled by VULCAN, as Vulcan seems to be the higher OCTAVE of Saturn, ruler of Capricorn. When intuition is developed the clairvoyance, psychometry

FORCES . . . ALCHEMY

BODENBURG

and clairaudience are all merged into something tangible; study of this something will prove that it is "the still small voice" which speaks to us through the ASTRAL brain.

Wisdom, the *seventh sense,* is composed and made of the experiences acquired through the use of the five inferior senses with the *intuitions* we gather through *the still small* VOICE. Development of the six senses will bring MAN consciously in touch with all the wisdom his soul has acquired on its journey through the cycle of necessity of the involutionary arc progressing through mineral, vegetable and animal states of consciousness. To develop this higher stage of ASTRAL VISION requires a perfect blending (no discordant aspects) between Uranus or Neptune higher octaves of sight and feeling, and the lower notes of seeing, feeling, hearing, smelling and tasting; properly blended much POWER will be manifest in the outer form, for a synchronization of these natural forces creates the *manifested enlightened man;* he is a SEER, he knows, but he does not know how he knows. Wisdom is a state of ASTRAL CONSCIOUSNESS on a very high plane. It is astral consciousness where contact is made with the mind and soul of the ASTRAL UNIVERSE; a SEER has a real job to accomplish, he must acquire mastership, his forces must be tuned to a *oneness* with ALL. This enlightened man the seer has not touched *the Christ consciousness.*

Evolution goes on and on. *Eternity* lies behind. Before us, through all eternity, we can and must EVOLVE. A LIFE-TIME on earth is like a drop of WATER on the brink of eternity.

The road of Spiritual development is a long, long road; it reaches far into the depths of consciousness; we cannot plumb it in one life, or even in ten; it is a gradual evolution, through many forms and incarnations of the LIFE-FORCE, but the knowledge we derive through this life we shall always have. Individuality *survives* death, MEMORY is a part of the INDIVIDUALITY and memory is also a part of the *divine soul;* the divine soul lives forever, it had no beginning and no end; remember, we stand at the TOP of the ANIMAL KINGDOM, but we *can* carry the animal *soul* and TARRY in the ASTRAL KINGDOMS, if we do not outgrow desire or transmute it into *spiritual aspiration.*

"KNOW YE NOT, that your BODY is the TEMPLE of the LIVING GOD, THE GOD WITHIN?" If God lives within, you are part and parcel of God; if this be the case, all that is God's is YOURS if you know how to receive it. Man is born of the flesh which makes Him a SON of MAN; man is born of the spirit which makes him a SON of GOD; it is your job to understand how to TRANSFORM this SON of MAN into a SON OF GOD and synchronize your being with NATURE.

CHAPTER TWO

We look for inspiration in the Book of Revelation.

In contact and inspired with the *Christ spirit* St. John wrote (Rev. 1st. chap., 19th verse): "WRITE THE THINGS WHICH THOU HAST SEEN, AND THE THINGS WHICH ARE, AND THE THINGS WHICH SHALL BE HEREAFTER," esoterically understood, does this verse written by St. John the Divine (the greatest religious SEER of all time) look as if we were to be deprived of KNOWLEDGE of the HEREAFTER during our physical existence? I believe that the "THINGS WHICH WE HAVE SEEN" and their effect upon our physical bodies and our thinking processes through analysis and the law of evolution give us a *tangible clue,* which, by following persistently will eventually lead us to the understanding of "THE THINGS WHICH SHALL BE HEREAFTER," if we will only contact the *thought world* with an unbiased mind.

Rev. 2nd, chap. 11th verse: "HE THAT HATH AN EAR, LET HIM HEAR WHAT THE SPIRIT SAITH TO THE CHURCHES, HE THAT OVERCOMETH SHALL NOT BE HURT OF THE SECOND DEATH." Our physical bodies are the churches of God or nature; they are the *manifested* dwelling places of the spirit of God Almighty on the earth-plane. The man or woman who can *overcome* the emotions and desires of the five senses and their two higher octaves on the earth-plane will pass through the *astral desire* or *purgatorial region* very easily and will not free the contact as he has already mastered physical and astral desire substance.

The 17th verse of Rev.: "TO HIM THAT OVERCOMETH WILL I GIVE TO EAT OF THE HIDDEN MANNA, AND WILL GIVE HIM A WHITE STONE, AND IN THE STONE A NEW NAME WRITTEN, WHICH NO MAN KNOWETH, SAVING HE THAT RECEIVETH IT." Here is a wonderful promise: to the man who can raise his *thoughts* above the physical senses and astral desires, is the PROMISE OF SPIRITUAL FOOD, an UNDERSTANDING of DIVINITY and the PATHWAY of the DIVINE SPARK over the INVOLUTIONARY AND EVOLUTIONARY ARC. He has found the white stone, "The Philosopher's Stone." He is in CONTACT with his DIVINE SELF and SOUL SENSES. He is beyond the RULE of PLANETARY INFLUENCES, he is a FREE SOUL. He THINKS in terms of ETERNITY. *NATURAL EVOLUTION* seems to be the NEW NAME written in the STONE. Only the man or woman who through ALCHEMICAL PROCESSES has changed his thoughts (from BASE METAL), SELFISH thoughts (to PURE GOLD), UNSELFISH thought and ALL that this means, can ever hope to find the "WHITE STONE" and be FED the HIDDEN MANNA.

The Book of REV. relates to the human body and its nervous system, it is over the nerve system that the mind can contact the SOUL SENSES. This book reveals the science of the Soul and shows the pathway of Spiritual development. All religions of Christianity impress upon us that we "must seek and find" in this case something must be hidden. The Bible is a Spiritual book; most people take its text literally, but it, being a Spiritual book must be read Spiritually to get its INNER meaning; this is where the mystery lies.

The so-called Christian Church is crumbling. St. John the Divine evidently saw this through his INNER VISION and KNOWLEDGE of SPIRIT IMPETUS and EVOLUTION. He was a SEER, a PSYCHIC, a man who could see CAUSE and its EFFECT; he had KNOWLEDGE and WISDOM. What he knew he wrote into a manuscript, hid it under symbolic language and dared anyone (in Chap. 22 of Rev.) to ADD TO or TAKE AWAY its MEANING. He gave this manuscript to the orthodox church with the INNER KNOWLEDGE that they would be ignorant of its contents until the human mind became enlightened enough for man to understand its meaning. Many other books of the Bible have been rewritten and are being rewritten, but, for 1938 years the Book of Rev. has not been changed. It still remains PURE TEXT.

Leaders of the Christian religion built the FEAR of HELL AND BRIMSTONE into their followers' THOUGHT PROCESSES and to this DAY the masses of ORTHODOXY have FEAR of the HEREAFTER so IMBEDDED into their CONSCIOUSNESS that they are actually afraid to THINK for themselves and discover the MEANING of REVELATION.

To the INITIATE Revelations explains the meaning of CHRIST, the meaning of the SERPENT, DEVIL, SATAN and explains that God is dual, MALE and FEMALE. It points out the TRUE and ONLY path through ETERNITY. It shows us that DIVINE KNOWLEDGE is hidden and LOCKED in our INNER NATURES,

(*Continued on page 22*)

HEALING

By GARTH ROGERS

I HAD been practicing for many weeks, methods and instructions for healing by silent prayer and laying on of hands and was particularly interested in it due to my wife's ill health as she had been ailing for several years. This particular night I had retired with a feeling of fullness in my lungs and throat and was quite concerned that it might be developing into a bad cold. I awoke in the early morning hours and heard my wife groaning in her sleep and thinking that it might be a fine time to practice healing prayers I started a prayer that I had used many times before with fine results. Near the end I felt a tingling come over my entire body which started lightly and grew in intensity until my body fairly buzzed. Soon a roaring came in my head and I seemed to shake inside until I thought my teeth would be rattled loose from my jaws, the bed shook until I thought everyone in the house would surely be awakened. The intensity of it grew until I seemed to have to grip the bedding to hold myself in bed and I reasoned at the time that it must be similar to an electric current passing through a man being electrocuted. Just when I thought I could stand it no longer the sensation stopped and I seemed to shoot forward into space and was suspended in space with the most peaceful and carefree feeling that I have ever experienced in my lifetime. All was darkness about me and although I did not turn I sensed everything about me at once. All around me suspended and floating in nothing were the most beautiful symbols believable and although I made an effort to notice each one and remember them, my memory could retain only four or five. Some were diamond shape of one color with a center of another color while others were round with several smaller circles of a different color in the center. In my effort to become conscious of everything about me and to wonder where I was and why I became nervous and lost the carefree feeling and at once felt a pulling sensation that made me conscious of being in my body and it seemed as I entered it I must have bounced several inches and while it did not seem that I was fully conscious of being in the physical body I turned in bed and I was surprised to notice that while I revolved my physical body lay perfectly still in bed. This unique sensation soon brought me into full consciousness and I lay panting and out of breath, my heart beating like a trip hammer for several minutes as I reviewed my strange experience. Incidentally, I awoke in the morning with no trace of a cold and the strangeness of it all was that my wife's health took a turning point from that day and she has been in excellent health ever since. Perhaps someone can tell me what I experienced aside from giving me a cold blooded scientific explanation.

TIME!

By WILLIAM E. CAMPBELL

Revelations 10:6, *"And sware by him that liveth for ever and ever, Who created Heaven . . . that there should be time no longer."*

TIME, time, merciless time! As eyes grow dim and hair turns grey, time goes marching on. So what is this thing that measures your worth from the day you are born, follows you through Life till you are old and bent, then vanishes like the will-o'-the-wisp beyond the grave?

Time as we know it, is set by the earth's rotation. Each rotation is divided into twenty-four equal distances we call hours. Thus we gauge our actions by the speed of the earth in a word we call time. Time as we understand it will disappear with the end of the earth.

Time is built upon relative motion. The passing of time is measured by the distance traveled by some specified object. It is realized by a state of rest or motion of an object while some other object is traveling some certain distance or vice versa.

The Universe being of infinite proportions in its entirety cannot boast of time. To prove this contention, assume we pick out a star some night and carry ourselves to it on wings of thought. From this star to another, on and on in the same general direction away from the earth out into space without end. Although the mortal mind is stubborn to grasp the idea that there can be no beginning nor end of things, this must be accomplished when sounding the magnitude of space. Still —imagine we did come to the end of space. We would have to collide with a solid, liquid, gas or more of the ethers that permeate all space. Space makes the Universe a single complete unit without an end. A gigantic cube with infinite dimensions.

To figure time for the Universe we must have a second Universe to develop the relation, but reasoning proves there is but One. Time originates through a distance comparison between two units one of which is in motion. The Universe as a whole cannot create time for itself except in the degree with which its component parts shift about in space. Then TIME is a term we apply to the speed relation between members of the Universe, organic or inorganic, in a state of rest or motion as our positions are shifted in space.

The Universe with its multitudes of stars portrays a science of co-operation unsurpassed. Few changes in the stars happen to mark the passing of our "Time." Much in the art of co-operation could be learned from the stars by the nations of the earth today.

When the grave catches up to us we may expect to find a new life where co-operation begins and where time has vanished like the will-o'-the-wisp. Across the gulf that separates mortals from immortals a bridge has been rebuilt. In the "Silence" of meditation the body can be tuned to hear and see the living "dead." Modern man is beginning to understand how it was possible for the Ancients to walk and talk with God. The ebbing of Super-Capitalism has stilled the bustle and noise of modern civilization sufficiently to permit Man to once more explore the powers of the human mind so largely used in solitude by the Ancients for the purpose of guidance and protection. The rebridging of the gap between mortals and immortals heralds the return of the Ancients—that TIME will soon vanish like the will-o'-the-wisp.

It is by inter-stellar communication and travel that we know the Heavenly Hosts are returning unified in thought to end wars, to give equality to all mankind and make life more full; coming back unified in purpose to bring the minds of this earth into harmony with The Mind of the Universe, keeping step to the rhythmic beats of the earth's rotation which we call Time! Time that metes out its own destruction to an epoch when there will "be time no longer." Time, merciless time!

A PSYCHIC EXPERIENCE

By ALFORD FATTIG

WHEN I was a boy about twelve years old I was sitting by the stove one cold winter night between my brother and my uncle, not two feet from either of them. They were talking about ghosts. My uncle believed in ghosts and my brother did not. I was inclined to believe as my uncle did. After they had argued for about an hour there came a knocking on the floor right between my feet, as loud as it would be if a man was driving a nail with a big, heavy hammer. To my surprise, when I asked about it, neither of them had heard it.

At about thirteen or fourteen I had a dream. In this dream my whole life was laid out before me, the way it would be if I took the right way and the way it would be if I took the wrong way. This was all shown to me by a man without him speaking a word. He made me understand without a wave of his hands or a move of his lips; all I can say is that he just made me understand — I can't explain how. I took up the right way of living according to his idea for a time; from then on I always dreamed of things that had any importance to them before they happened. I never told anyone about my dream or of my way of living, but I listened to people talk. I knew from what they said that they did not believe the way I did, so I would often tell myself that it must be wrong for nobody else believed that way. Still my dreams always came true.

Then came the dream of all dreams, the World War. I saw dead people and could smell them. I saw holes blown in the ground, old pieces of iron broken and twisted. I saw a lot of horrible sights and I knew something horrible was coming to the world, but people said the world was too civilized to go to war. This was ten years before the war broke out. War to me was murder and still is.

About this time we moved into a house that was built right on the ground and in this house I heard pounding on the floor, the same as I heard when I was with my brother and uncle; it would come quite often, nearly always close to my feet. It would hammer about as long as it would take to drive a nail; sometimes in a few minutes it would hammer again. Nothing or no one could get under the house, so don't say someone was playing a joke on me. Some years after this my brother and I were on a camping trip away up in the high mountains. I said to my brother, "This would be a good place to build a cabin where nobody could find it, for there is going to be a war and I don't want to go to war and kill people." Then I heard the first horrible words, "You are crazy; there is going to be no war." I dropped the subject at that time, but it did not change my mind about the war. This was in July, 1913.

War is murder in the first degree if there be such a thing as a degree in murder. No Spiritualist that *is* a Spiritualist wants to commit murder. Now we have our choice—carry on war and bring civilization to a close or do away with war and let civilization bound ahead like it did before. A few years after the war was over I dreamed of being in a big iron cage; about this time I bought some Spiritualist books. I had never seen anything along this line before. I had long ago dropped the way of living that I had discovered in my dream, but these new books built for me a new world; they put a foundation under my dreams that could not be shaken down. I soon began to see visions and hear voices. This new world was so real to me that I thought I had a right to express myself. I began to tell people about it.

I wanted them to learn and be happy as it had made me happy but they opened their mouths and roared, "He has gone insane" and I was soon railroaded into an asylum for the insane by my own people (my people had some of my worldly goods in their possession). My wife who was a materialist was in another town for the winter. She was just as much against Spiritualism as my own people but she came to my rescue when she found she could not get any of my belongings which were in the hands of my people until I was free. So at the end of twenty-six days I was free on parole to my wife.

As soon as she got all the money I had I was dumped back in the asylum. This time it looked like I was there for life as I could not be freed by the State without being paroled to some person for a year and there was no one left to sign the parole but outsiders. I had friends but perhaps they would believe that I was insane. (For all the cry "they can't put you in an asylum unless you are insane"—but don't be too sure about that.) Anyway, no one could sign my parole without my wife's consent. I wrote to a friend; he came to see me but I found that my wife had poisoned his mind until there was no use talking to him; so you can see from a materialist's viewpoint I was doomed for life but I was not whipped yet. I went to work mentally. One day I saw a long strip of highway and I knew I was going over that highway to freedom. I then wrote a letter to a friend whom I had contacted with my concentration and from this I got good results.

This friend got my wife's consent to sign my parole and once again after five months of imprisonment I was free, this time for good for I was paroled to honest people. All of this was the outcome of the big cage I dreamed about. One of the places where I was held was in every way the same as the big cage I had dreamed of.

This has caused me years of grief and financial loss and also loss to those who caused all this. It has done no one any good but has caused a lot of harm. No one can profit by being the cause of someone's loss. It may happen that they are getting the best of things at the time but they will have to look back from the spirit world at the things they have done in this world. There will be much grief in some cases; for that reason one should be careful what they do. Right here I want to point out a few things that might help the materialist to see things as they are. I hope they will at least give the Spiritualist the benefit of the doubt.

In the first place I have feelings like everyone else. I never have any trouble gaining the confidence of others. I feel good in every way and am very happy at all times. Of course I cannot say that it is a pleasant thought when I think of the way they treated me; just because they did not like the way I believed does not make me any different from other people. All I can say is that if I am insane I prefer to be insane.

We know that rock is solid; quicksilver comes next; you can run your hands through it and stir it like water. It stirs a little harder than water. Glass comes next; you can see through it; it is almost invisible. Water comes next; it is very thin. You can run your hands through it and see through it. Then comes air. You can feel it when it blows—you know there is such a thing as air but it is invisible. Now think! Couldn't there be other things that are invisible? What moves your body about and what keeps it from decay while moving about. Some would say Life or Intelligence and they are right but are we going to stop at that? It seems to have shape; at least you have feelings all over the body. It is too bad that man's head had to be full of marrow; it leads him to think that the whole man is in his head. Of course the main nerves are in the head but the whole man is not there.

Now if Life is in the shape of the body while on earth why would it not still have the same shape after leaving the body or would the materialist say that Life just vanishes? You can put a kettle of water on the stove and boil the water away but it does not vanish; it goes into steam which is water and settles down some place. To say that Life vanishes would be just the same as to say that water vanishes when it is boiled away. Nothing can vanish; it has to be some place all the time.

Haasan Osiris

Bringing Your Stars to You Astrologically With Your Personal Daily Guide

By HAASAN OSIRIS

Have you checked your Astrologer on "World Outlook"?

WORLD OUTLOOK

June, 1938

THE New Moon on the 29th of last month is the significator for June. This occurred in the 7th degree of Gemini, an airy zodiacal sign ruled by Mercury. Mars has a strong influence over the world this month; thus there will be wars, rumors of new wars, and much political strife, many fires and intensive heat waves.

The United States will experience many astounding crimes, kidnapings, murders in out-of-the-way country places adjacent to cities, famous scandals, divorces, sudden deaths of prominent people, political squabbling, labor troubles, a great drought over the Middle West, dust storms, sudden heat waves, many accidents in travel, fires of undetermined origin, almost complete destruction of a motion picture studio by fire, fevers, some sickness, landslides, dangers to children in travel, famous lawsuits and trials, increase in food prices and increase in prices of farm products, an active stock market and new laws that meet the approval of the general public. Much danger from rabies and heavy quarantines upon dogs should be instigated everywhere. Resorts will prosper, and amusement places will be crowded. Cold drink stands will enjoy a good business. New inventions will be accepted by the army and navy for defense and other nations will begin to realize that America is not sitting idly by letting them get the upper hand in armaments. America will be more united in the idea of Preparedness.

Some kind of terrific blow is struck at central Europe Dictators by a mass opposition among the people; thus some ghastly court martials will take place and many "purges" will be put into effect.

The world seems to be a seething mass of excitement, and only America and England go along progressively.

JUNE, 1938
For the Zodiacal Signs

ARIES

(For those born between Mar. 21-April 19)

All of the personal affairs of you in Aries will seem to be somewhat improved. New ventures loom on the horizon, new ideas come to your mind and you should carry them out, for most of them will be practical. It is a busy month for you Arians and one in which you can get a good hold upon conditions to protect yourself for the future. Travel and changes are numerously indicated in your charts this month.

TAURUS

(For those born between April 20-May 20)

June brings a more romantic influence around you. You will seem to feel kindly toward the world and are to be inspired with new ideas and plans for improving your own as well as the lives of others around you. A highly inspirational influence is working here, giving you new hopes, greater ambitions and more courage. Improvement in health and finances. New friendships and offers of travel that should be accepted.

GEMINI

(For those born between May 21-June 21)

While things will not be entirely progressive for you, still they are not as bad as you may think at times. Your mind seems to be clouded with false fears, too much worry and not enough self-confidence at this time. Shake off the blues and do not play the role of a martyr for you are not as bad off as you seem to think you are. Banish discouragement from your mind and take in some new sights on short trips and outings.

CANCER

(For those born between June 22-July 22)

This month brings you face to face with facts that you might have been avoiding recently. It will cause you to realize the value of your own impressions. Guard your health and prevent accidents in traffic and even around the home or office in the discharge of your daily duties. Refuse to give in to discouragement. Do not let others stand in your way, but go ahead with your own plans. Unfortunate for travel or risky ventures.

LEO

(For those born between July 23-Aug. 22)

June sees some things completed so that you can give attention to newer and better conditions. You will be alert, hopeful and inspired along new and better lines. May take up a study that will prove beneficial and also opportunity for travel or change of location looks probable and favorable. Get plenty of rest and do not overtax your nerves. It is likely that you will manipulate your affairs in some way so as to improve your income shortly.

VIRGO

(For those born between Aug. 23-Sept. 22)

The month of June is both very good and slightly adverse for you in the Virgo family. You will complete some professional ambitions, but may have some personal limitations at the same time. News of bereavement or illness from a distance. Guard your own health, particularly the region of your body governed by Virgo (abdomen, hips and small of the back). Get plenty of recreation, keep busy and all will turn out successfully for you.

LIBRA

(For those born between Sept. 23-Oct. 22)

Opportunity for travel comes immediately as June opens for most Librans. New heart interests develop through the month. Success in dealing with professional people and in hobbies pertaining to beauty, association with the opposite sex and new friend-

(*Continued on page 26*)

Personal Astrological Daily Guide

Gallery of Letters With Their Meaning

G: Capital G means a very good day. Ask favors, seek work, sign papers, promote your affairs, take trips, advertise, make friends, investigate, attend to everything of importance. Go places and do things.

g: Small g means a slightly good day. On these days attend to usual routine, make offers, entertain company, visit, write letters, send telegrams, take short trips, improve your personal affairs. Buy things, sell and invest.

A: Capital A means an adverse day. On these days use care and caution in all dealings, avoid accidents, losses, thefts, and guard your health. Also be careful of misunderstandings and engage in no arguments. Take no risks or chances.

a: Small a means a slightly adverse day. On these days attend only to necessary duties, strive to keep cheerful, avoid hurts and wounds, make haste slowly and seek dependable advice before acting. Avoid domestic inharmony.

D: Capital D means a doubtful day. Quite likely on these days several alternate good and adverse influences prevail and you should be discreet in all activities. Do not take too much for granted — don't be too sure. Postpone things.

N: Capital N means a Neutral day. On this day the influences are equally balanced, therefore it is not a very important day. Go about your usual affairs with usual prudence and it will be a successful but uneventful day.

C: Capital C means a Critical day. On these days you should be unusually careful and cautious in everything. Be sure to avoid accidents, sudden losses, explosions, falls, hurts, cuts and bruises. Undertake NOTHING important.

F: Forenoon of this day is good, but the afternoon is adverse; therefore the A.M. should be considered as G and the P.M. as A.

P: Afternoon is good but the forenoon is adverse. Therefore the day should be considered as A in A.M. and G in P.M.

E: This letter will be used in combination with other letters and pertains to the Evening of any day when the Evening influences differ from the influences of the rest of the day. A letter E added to any day means the evening is good for romance, pleasure seeking, amusements, visiting, short trips and general recreations.

V: This letter will also be used in combination with other letters when the evening hours differ from the rest of the day. The letter V added to any day means the evening is adverse for risks or ventures and it is best to remain at home and engage only in quiet recreations with friends or family.

JUNE, 1938

For those whose birthdays occur between:	Mar. 21—Apr. 19	Apr. 20—May 20	May 21—June 21	June 22—July 22	July 23—Aug. 22	Aug. 23—Sept. 22	Sept. 23—Oct. 22	Oct. 23—Nov. 21	Nov. 22—Dec. 21	Dec. 22—Jan. 19	Jan. 20—Feb. 19	Feb. 20—Mar. 20
Date	Ari.	Tau.	Gem.	Can.	Leo.	Vir.	Lib.	Sco.	Sag.	Cap.	Aqu	Pis.
1	A	g	a	N	a	G	a	g	A	G	a	g
2	g	a	G	A	N	a	G	A	g	a	G	a
3	g	a	G	A	D	a	G	A	g	a	G	a
4	a	g	a	G	a	N	a	G	a	g	a	G
5	a	g	a	G	a	D	a	G	a	g	a	G
6	G	a	g	a	G	a	N	a	G	a	g	a
7	G	a	g	a	G	a	D	a	G	a	g	a
8	GV	aE	gV	aE	GV	aE	DV	aE	GV	aE	gV	aE
9	A	G	a	g	A	G	a	N	a	G	a	g
10	A	G	a	g	A	G	a	D	a	G	a	g
11	g	a	G	A	g	a	G	a	N	a	G	a
12	g	a	G	A	g	a	G	a	D	a	G	a
13	gV	aE	GV	aE	gV	aE	GV	aE	DV	aE	GV	aE
14	a	g	a	G	a	g	a	G	a	N	a	G
15	a	g	a	G	a	g	a	G	a	D	a	G
16	G	a	g	a	G	a	g	A	g	a	N	a
17	G	a	g	a	G	a	g	A	g	a	D	a
18	G	a	g	a	g	a	g	a	g	a	D	a
19	A	G	a	g	A	G	a	g	A	g	a	N
20	A	G	a	g	A	G	a	g	A	g	a	D
21	N	a	G	A	g	a	G	A	g	a	G	a
22	D	a	G	A	g	a	G	A	g	a	G	a
23	a	N	a	G	a	g	a	G	a	g	a	G
24	a	D	a	g	a	g	a	g	a	g	a	g
25	aE	DV	aE	gV	aE	gV	aE	gV	aE	gV	aE	gV
26	G	a	N	a	G	a	g	a	G	a	g	a
27	GV	aE	DV	aE	GV	aE	gV	aE	GV	aE	gV	aE
28	A	G	a	N	a	G	a	G	A	G	a	g
29	g	a	G	a	N	a	G	A	g	a	G	a
30	g	a	G	a	D	a	G	A	g	a	G	a

DIRECTIONS: First find the column which includes your birthday, then look down that column of letters until you come to the date of the month you wish (given at the left). After securing the key-letter for that date refer to the Gallery of Letters to find out the indications for that day. When more than one letter is given for any day look up both letters for that day and govern yourself accordingly.

This is a Daily Guide for each Zodiacal Sign for the present month.

Remember that when a day is marked G it is good for most all progressive things, even though they might not be mentioned in the paragraph. Remember that a day marked A is adverse for most all progressive things, even though they are not mentioned in the paragraph.

The Welding of the Forces — (*Continued from page 13*)

and it gives us the KEY to that knowledge but ordinary intellect will not grasp its meaning: it takes INTUITION coupled with INSPIRATION to appreciate its value and apply it in practice.

Christ said, "I am the WAY, the TRUTH and the LIGHT," which meant that if we would follow His teachings the right way would be shown to us, the truth of everything we would be able to see and we would have the TRUE SPIRITUAL understanding of all things. Do you think CHRIST got His spiritual understanding for nothing? (Do you know what CHRIST MEANS? Do you know the meaning of JESUS? JESUS CHRIST?) JESUS is *any man* in FLESH; He is the material expression of the HOLY GHOST POWER or CHRIST manifesting through the FLESH as the CHRIST SPIRIT OF LIFE IMPETUS. The CREATIVE or CONSTRUCTIVE SPIRIT. The Bible teaches that JESUS grew in understanding, You and I must grow in understanding, we must take all of our experiences, learn the whyfore of the experience, and the lesson it would teach, thus we grow SPIRITUALLY. Thus THE CHRIST is born. This spiritual growth is from a narrow biased state of consciousness into a broad expansive unselfish *light* of wisdom. Wisdom is acquired through analyzing your experiences.

CHRIST or JESUS grown perfect through the application of natural law, unselfish constructive action had, through knowledge of the electric forces a wonderful healing power, and also clairvoyance. We read that when a certain woman was healed by touching the hem of His garment, He said, I feel virtue going out of me. *This was the electric healing force.* We also read about His telling a woman at the well, about her three husbands; this was clairvoyance, *MATERIAL CLAIRVOYANCE.*

Now again *what is Christ?* When MAN lifts himself away from the lure of the flesh and material possessions (THE CHRIST is a babe in the arms of the ETERNAL MARY the MOTHER), when MAN recognizes himself as ONE TINY ATOM in the COSMIC WHOLE (he has become HUMANE) he has raised himself above the animal stage of Life, if he uses the POWER he has attained in a positive constructive manner.

The POWER is the same power and of the same spirit as the POWER AND SPIRIT which Al Capone used. This racketeer gangster was also a leader of men. The Christ spirit is a constructive spirit used for HUMANITY'S sake; this consciousness is pure unselfishness which is spiritual. The Al Capone power was used to destroy and for SELF AGGRANDIZEMENT. This consciousness is pure selfishness which is material.

God or nature is the Father of the Christ-child—God made the Sun and the Stars! He is also their father and He made man in His own image (spiritual image) and breathed into his nostrils the breath of life. God created these wonderful things and put life into them, therefore He is the FATHER of them. God's laws make all things operate. His law is immutable. It is the law of POLARITY or ATTRACTION and REPULSION, a spiritual law that is known on the earth-plane as ELECTRICITY. Science tells us that everything in the universe is ELECTRIC. ELECTRICITY is a proven fact. You and I are a natural consequence of this law, so we must be imbued with a certain amount of this electric current or fluid. Friederich Antony Mesmer in the year 1776 observed that the magnetic fluid is almost the same as the electric, and that he could charge jars with magnetic matter in the same way that jars were charged with electricity, which leads us to believe that there is such a thing as electric magnetism. The human body is a magnet; if it has animal magnetism, then it also has electric and spiritual magnetism, for the body is a three-fold body. If there be such a thing as magnetism, and there is, for it is a proven fact scientifically, then God is also the Father of MAGNETISM.

If there be mindreading, prophecy, healing, intuition and numerous other powers which we do not attribute to the five physical senses, would you not like to know the degree of spiritual light under which they operate? If you should have any of these powers would you not like to understand the Natural Law which brings them into existence? If EVERYTHING is SPIRIT, then these are all spiritual powers, and all God given. We are taught that God is Spirit, that God is Life. If this be the case, should we not have the LIGHT OF PURE UNDERSTANDING thrown on this LIFE and this SPIRIT?

When a child lives in the womb of the mother for the nine months previous to birth, it is provided with an air breathing organism; through the use of the umbilical cord and placenta the child is provided with gases and oxygen through the mother's blood (in other words the child takes its sustenance from the mother as it has no life of its own). This is proven by medical science. Soul SCIENCE teaches that at the end of the child's inter-uterine life it comes into the world to receive its BIRTH-RIGHT, that its organs have been perfected through the help of the mother and that it has a breathing organism. The EGO awaiting incarnation in this baby form has been hovering around the matrix for the period of inter-uterine life. (After the mother has delivered the tiny baby form the umbilical cord is cut, separating it from the life of the mother; now, it must sustain itself, it must be individualized.) There is a chemical affinity between the EGO and the ELEMENTS operating at this particular minute and through its nostrils the child draws the BREATH OF LIFE, and it draws into itself the *SOUL of the ELEMENTS and the EGO* for which it has been particularly made. This is the reason that an astrologer must have the *exact hour and minute of birth to erect an individual horoscope.*

Astronomy given to us by Galileo revealed to us the Astral Universe. Mediums who see into this Astral Light give us much food for thought, and we know that there is continuity of life, and a continual progression of SOUL GROWTH.

Astrology is a science which has been proven through ages of civilization. The WISE MEN of the Bible were spiritual astrologers. Solomon, the wisest of them all, says In the Wisdom of Solomon, Chap. 7—verses 18 and 21: "For he hath given me certain knowledge of the things that are; to know how the world was made, and the operation of the elements, the beginning, ending and the midst of times; the alterations of the turnings of the sun, and the change of seasons, the circuit of the years, and the position of the stars; the nature of living creatures and the furies of wild beasts; the violence of the winds and the reasoning of men; the diversities of plants and the virtue of roots and all such things as are secret or manifest, them I know." Astrology has been given to us by the Ancient Wise Men and reveals to us the SPIRITUAL UNIVERSE, and a seer will read in the SPIRITUAL REALMS, CAUSE and its EFFECTS. When the mysteries of life have been made clear, he will see with the ALL SEEING EYE, EFFECT of CAUSE in physical manifestation.

This AQUARIAN AGE in which we are marching is an AGE OF SCIENCE and the PORTALS of WISDOM stand WIDE AJAR, for the PROGRESSIVE SOUL to ENTER.

One of the Philosophers of the old school said: "The mills of the god's grind slowly; yet they grind exceedingly small; though with patience he stands waiting; with exactness grinds he all."

(*Learn more about this welding process next month.*)

The Rescue by the Dolphin

By ELBERT BENJAMINE
President of The Church of Light

Elbert Benjamine

NOT only does Saturn, the planet of Capricorn, rule the grave, but it is when the Sun is in this earthy sign of Capricorn that it reaches its lowest point in the annual cycle, representative of the tomb. All three decanates, therefore, quite consistently, give some teaching in reference to the condition encountered after the stone has been rolled from the entrance of the tomb at the winter solstice and the soul has left its tenement of clay and passed to more congenial realms. While, therefore, the constellation picturing the middle decanate of the sign, where the Sun may be found each year from January 1 to January 10, represents a Dolphin, it is not surprising that in various lands it is also known as a coffin. Among nations familiar with the Bible it is more commonly referred to as Job's Coffin.

The Dolphin, which is the picture of the constellation in the sky is always represented as a beneficent sea dweller which performs good deeds and rescues from death those who are persecuted, especially those who are martyrs to some just cause. It is due to these legends and to the observation that those born when the Sun is in this decanate often take up some worthy cause and work ardently for it in spite of its unpopularity, that the key-word of the constellation is Martyrdom.

There are three Greek legends which give the outstanding teachings which the Dolphin was placed in the sky to reveal. One relates to the administration of strict justice in the after life; one pertains to the reunion of loved ones in that realm; and the other to the importance of harmonious thoughts as a means of attracting those who on the other side of life will assist the one who has passed from earth life to make a quick and satisfactory adjustment to the new conditions.

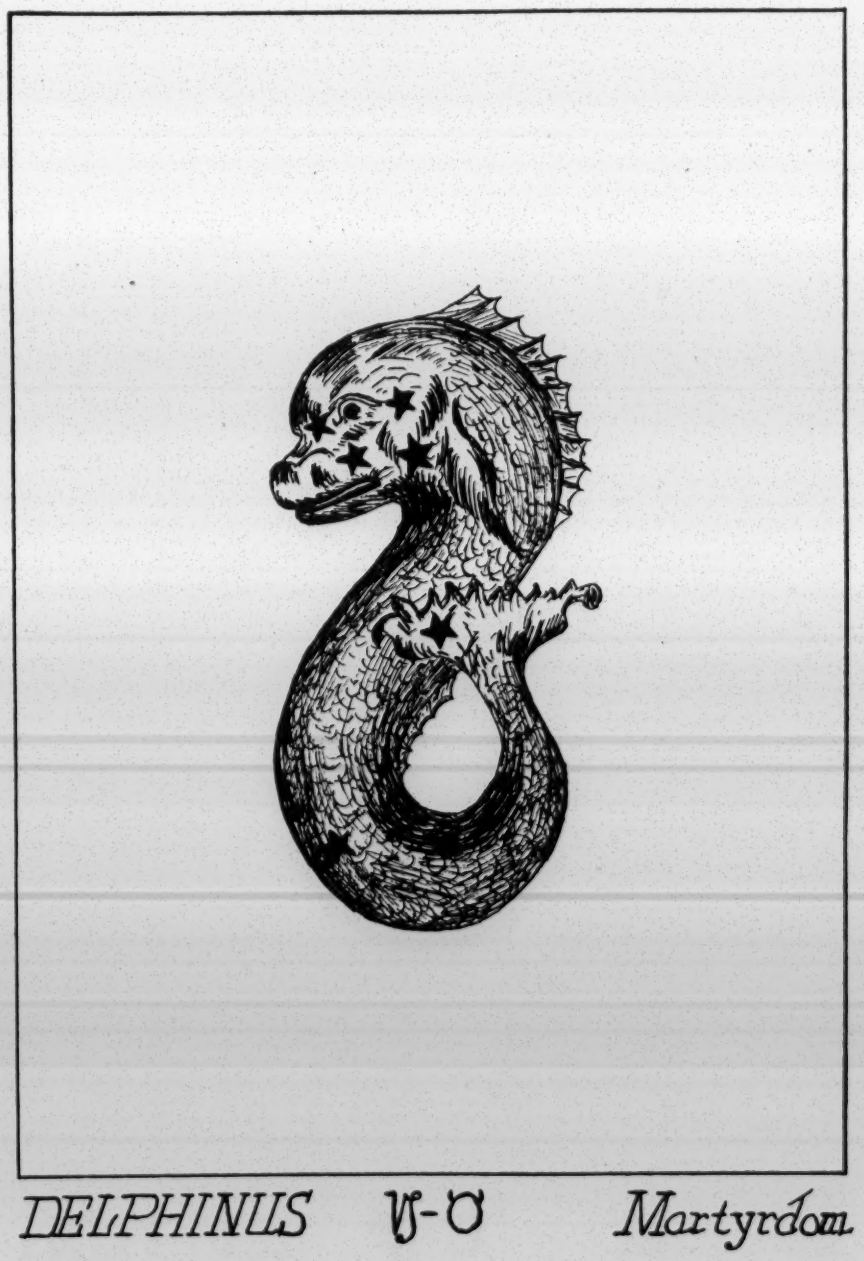
It is related that the famous poet Hesiod was slain and his assassins, in order to escape retribution, threw the body into the sea. They supposed this would be the end of the matter; but the Dolphins, who are the friends of poets and all who are benefactors to the human race, recovered the body and brought it to the shore, where it was found by Hesiod's friends. These then gathered together, and using the poet's own dogs, trailed the murderers until they were captured; then threw them into the sea so that they should receive as punishment exactly the same kind of death they had caused the famous poet.

It is not always possible, in the after life, to make complete restitution to the person who has been wronged. But before much advancement can be made in that realm, injuries to others must be paid for, if not directly to them, at least by rendering some commensurate service to society. Unless we are willing to pay for our transgressions, their persistence as factors in our finer bodies weights us down, Saturn-like, so that we drop to lower vibratory spheres. As progress consists in moving to higher levels, and such movement is accomplished through refinement, these self-centered, destructive and therefore downward pulling vibrations must be sublimated into those which are constructive and uplifting.

Repentance, like most other activities, can be approached from either a negative or a positive direction. All make mistakes, all take actions which later they regret. Under these conditions the negative approach is to feel sad and despondent, to dwell on the effect of the mistake and to feel miserable because it was made. Yet this sackcloth and ashes method of repentance is disastrous to the individual, and because it unfits him for constructive work in the universal scheme, still further injures society. The discords he thus cultivates attract to him misfortunes, and these hamper him and make him less effective in that which he should do.

The true way of repentance, either here or hereafter is the positive approach in which the error is acknowledged, but is not dwelt upon in thought nor permitted to cause mental anguish. Instead, the individual recognizes he has injured someone, or retarded the progress of society. He therefore focuses his attention, desires and efforts on paying this debt to society through doing something for the individual injured, or at least for society, which

(*Continued on page 29*)



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The Ethics of Natural Foods — (*Continued from page 9*)

Viewing the food situation from its deeper aspects, the processes of ingestion, digestion, secretion and excretion become involved in the mysteries of alchemy—physiologically called metabolism—that cunning, mysterious and ingenious vital phenomena that readily converts the food ingested into the more complex human cell, blood, bones, lymph, heat and energy, etc. Thus the lower forms of life inherent in the foods ingested are fused with the higher and more intelligent human cells, and transmuted or sublimated, so to speak, to an accelerated vibratory activity, impressing or liberating the absorbed nutriment with the higher potencies of the human organism.

The gamut of physiological processes, namely the impress given to the food subsequently to become an intrinsic part of replenished bodily cells, are progressive or retrogressive, constructive or destructive, according to the purity, intelligence and power residing in our THOUGHTS AND MOTIVES. For only the pure mind can give a sound and progressive direction to the activities of the body, while an impure, fitful, purposeless or selfish mind interferes with the normal rhythmic rates of vibration, prohibiting harmonious function of healthy cellular activity. Evil thoughts and words, fear, worry and anger—while eating or otherwise—condemn every atom of our body and retard the upward and onward evolutionary flight of the food partaken of, by infesting it with our destructive vibratory forces. This misapplication of natural law rebounds back to man—the thinker—with an impact most destructive to his body, producing morbid instead of sound tissue change in the organism.

Vegetarians and Humanitarians who are cognizant of the unity of all life and their obligations to the sub-human or animal kingdom, must not consume natural foods selfishly by concerning themselves unduly with what benefits will accrue to *themselves only* by the adoption of a rational dietary. They must also help, by wholesome and lofty thoughts and motives to liberate, sublimate and elevate the foods ingested by uniting them with the ascending or more progressive manifestations of vital force resident in the normal human kingdom, and thus yield to the nutriment consumed energies more powerful, with more latent dynamics or potential force. Has it not come within the range of common experience that the adoption of a rational dietetic regimen has been powerless to sustain a cure, so long as the patient continues to acidulate his feelings? Thus food, which in the final end processes of metabolism, would have been potentially or actively alkaline, is rendered acid by our wrong thoughts and feelings. Equally and strikingly significant is the fact that this acidity is carried back to the mineral and vegetable kingdoms in renewed life cycles, thus reacting unfavorably on the whole of nature. Humans breathe in oxygen and exhale carbon monoxide, which includes two atoms of oxygen to the molecule. Plants, including all vegetation and food-bearing trees, take up this gas from the air, which will support neither respiration nor combustion, decompose it by liberating the oxygen and retaining the carbon for the gradual building up of the plant. Thus we see the unceasing reciprocity in nature, the human kingdom impressing the vegetable kingdom with a purity or non-purity, resulting in either a normal growth or a degenerate yield.

Nature would be powerless, either for good or ill, were it not for the influence of mind over matter, exhibited in the relation of man to his environments. The living sapphire of the grape, the animated gold of the orange, the spirit of the ruby and emerald in the apple, coupled with their luscious exhilarating flavors—or on the other hand, the deadly poison of the hemlock, the venom of the snake, the deadly ferocity of the beast of prey, etc.—constitute, one and all, the fateful but law-governed returns of human modes of consciousness, the rebound of dynamic thought, the progeny of the mind nursed and reared in the zone of motive, and projected by imagination as creative, fashioning impulses into the various kingdoms of nature, molding their character and tendency.

The progressive works of beauty and power in horticulture; the constant advance in grandeur and magnificence of the annual exhibitions of flowers, fruits and animals indicate the advance in grandeur of the human intellect, reflected in its influence on nature, its creatures and environments. The lily can unfold its symbolic purity; the rose its queen-like poise and swelling beauty; the pansy its sweet, pensive appeals; the chrysanthemum its lingering charms of grace and color—only because the minds, active in the cultivation of these flowers have chosen the good, the true, the beautiful as inspiring and guiding motives. Nor would the apple, the pear, the orange, the grape, etc., ever have been able to reveal their treasures of palatable exuberance and nutritional force, had not man's ingenuity elicited them from their primitive types of small, bitter, valueless berries. There are biological records by which the inquirer is able to trace the career of the magnificent Belle-Fleur apple from the most insignificant beginnings in the Peruvian woodlands of South America. Similar origins are back of the French prune, the California fig, the Bartlett pear. Every step in the pathway of man's cultural endeavors—no matter how cluttered or roughshod the way—is at once a eulogy of the past and an incubation of greater potentialities in the future.

It is this solidarity and reciprocity between man and nature—this paral-

(*Continued on page 26*)

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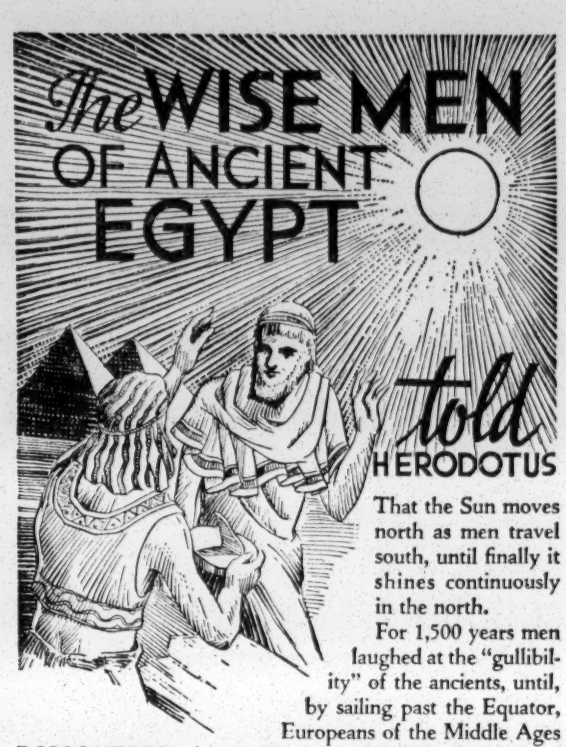

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Bringing Your Stars to You — (*Continued from page 20*)

ships. This is a month of conquests for you in many lines. Bring your past hopes to maturity through diligent effort and concentration upon the desires of your heart. May have new source of income.

SCORPIO

(For those born between Oct. 23-Nov. 21)

June seems to lift a curtain that has obstructed your plans in the recent past. You will want to be out of doors a great deal. Improvement in your physical health and mental attitudes. Some encouragement in regard to your finances and prospects for the future. It seems that several new things will come all at once to please you. Help from others unexpectedly, new experiences in the home and among friendships. You'll take a new lease on life now.

SAGITTARIUS

(For those born between Nov. 22-Dec. 21)

Guard your temper and be patient with everyone and everything. The least little thing may upset your peace of mind; refuse to worry. False fears can play havoc with your health, so conquer them. Avoid domestic inharmony, loss of friends through silly misunderstandings, and do try to prevent extravagance. Some of your kindnesses may be repaid with ingratitude right now, but do not let it upset you; you'll get your rewards later. Avoid losses.

CAPRICORN

(For those born between Dec. 22-Jan. 19)

There seems to be a chronic hindrance to everything you attempt to do, but do not let it get you down. Your mind will exaggerate some things, so the way will not be as dark as it seems to you. Get out and away from daily environments, meet some new people and get a change of scenery through the month to relieve the pressure that will seem to be over you. Avoid brooding and worrying. Some minor increase in money is shown. Keep yourself buoyed up. Avoid accidents.

AQUARIUS

(For those born between Jan. 20-Feb. 19)

All those things you've been trying to start but which seemed to elude you in the past can be put across at this time. Keep busy with the things you have in mind; you'll succeed with them soon if they are within reason. New ambitions and new hopes spring eternal within you as good news reaches you from several directions. You will spread your interests over many things in June and will likely succeed with them. Good for changes and travel.

PISCES

(For those born between Feb. 20-Mar. 20)

Have all your plans completed and be ready to put them into operation here. June is a highly productive month and can net you much profit if you get out and get busy. Interview others who could be responsible for some of your successes. Keep in touch with the trend of the times and adjust yourself to new income and other increases that are sure to come if you are wide awake and go after them. Travel brings more opportunities and new friends are helpful.

Natural Foods — (*Continued from page 24*)

lelism between the human and the cosmic process that ultimately shall lead us to the solution of the problem of diet, for as beauty in the form and expression of the entities of natural evolution unfolds in response to ethical and esthetic ideals, so the nutritional or assimilative properties of the plants unfold in response to moral ideals. For in the last analysis, the question of diet is a question of morals; and man's conscious fulfillment of all his duties to the whole of life, for all life is one. Endowed with the potentialities of life and moved by natural impulse, each individualization of the One Life is ever pushing forth into greater and greater expressions—now a bird, there a flower, here a fruit, yonder a mineral — all imbued with the promise, potency and power of every future and higher form of life. Everything is the expression of the one universal creative unfoldment or evolution, moving and acting through such forms, bodies or coats of flesh as serve as appropriate vehicles, through which expanding intelligences or differences in ranges of perception and growing comprehensions may express themselves. Every particle of even seemingly inert, quiet and solid rock is in constant rapid motion, and is conscious in its own degree on its own plane of development.

In each higher realm of nature, molecules become more complex, more sublimated or purified and possessed of greater potential energy, reaching their highest culminating point on this planet in the human kingdom or man. Yet nature — unaided by man as an ethical and creative force—cannot go on in her work. Thus we carry out the great law of evolution, culminating not only in the physical, mental and moral regeneration of the human race, but help to sublimate, liberate and elevate the kingdoms below man in their upward and onward evolutionary flight.—Reprint from *Mind Magazine.*

(*Another chapter on foods next month*)

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The Mystery of Creation

(*Continued from page 18*)

they would not rely on the theory of evolution of the human ego through propagation.

Propagation of the species is neither evolution nor personal creation — no more than the production of a bushel of wheat out of a handful of seed. It is the mere division process of so-called matter, with the universal purpose of keeping alive the channels for thought development. It is accomplished through the splitting of a complete image into the masculine and feminine or the positive and negative in nature, whose re-union results in the reproduction of the species. But that is as far apart from conscious creation or evolution as the Morning star is from the Evening star, and the very function of the five senses should have led the human race to a truer creation-theory long ago, had it not closed its intellect to all but narrow, materialistic conceptions.

Evolution is the increase of conscious knowledge due to accumulated experiences and creation is the right exercise of the will and imagination.

Look at the large and small objects and structures about you that required a store of information and knowledge of action, gathered by the senses almost automatically. Consider the difference found in the products of various nations and races. Think of the blessing of those differences, so like the variety in plants with their flowers and fruits. They all serve to make life enjoyable and are all equally valuable as links in the whole. And while your spirit drinks in their perfection and usefulness, reflect about the truth that everyone of them is an offspring of will and imagination, whether that will and imagination worked through the human brain or through any other channel in nature.

As the universal will and imagination take effect in all so-called planetary matter in space, so the human will becomes effective in the human structure, but with a difference between the boundless and circumscribed body, not only due to dimensions.

The universal creator *IS*. He does not draw objects of imagination from a world about him, whereas man, living within the creator, draws from the universal image material for the imagination and sustenance for his organism.

In this relative position of the creator as the conscious mind-power of the whole, and man, the conscious mind-power working through a vehicle inside the whole and surrounded by many other similar parts, lies the difference between God and man.

Further, it might be said for the sake of comparison that God comes down to unite with the lower and temporary world of man, whereas man must rise above himself to make manifest the law of God in his heart and thus become God to whom "Is given all power in heaven and earth."

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My Experiences in Communion — (*Continued from page 15*)

In January, 1933, it was my privilege to enter a class for trumpet demonstration. The work there was indeed commendable. Often one of the many aluminum trumpets would come slowly down from its position in mid air and rest softly across my hands. It was all performed in the dark; but no one can yell "fraud," for I have an answer of my own. No strings were attached to those trumpets in any way, for I could feel them from one end to the other all around as they slid back and forth through my fingers. Once I heard a voice say, "Hello, child," through the trumpet; and twice when I was unable to attend the class, members informed me one of the trumpets came to rest upon my empty chair and remained there throughout the evening. The medium conducting the work prophesied I would become a leader in Spiritualism, and the etheric forces wanted me to know it at that time.

It was in this class that I first felt a materialized hand upon my head. It did not startle me in the least. It was comforting. It was quite different from the feeling of a human hand placed upon one's head, for I could not feel it being placed there. I only gradually realized it was there after a time, then it faded away; but it seemed as heavy as a hand of flesh while there.

Then in March, 1933, came the much talked about earthquake of Southern California. Our connections with class and church were interrupted for some time, but we joined friends and held nightly seances in their automobile on top of a hill. In the city below the fire and ambulance sirens screamed away, making the tension too difficult for us to receive very much. However, the souls who came to us needed help, and we prayed for their progression.

They had been taken in the disaster, and many of them we had been well acquainted with on earth only a few days before.

At sixteen I entered the psychic unfoldment class of Reverend Mary-Emmons Pirtle of this city. The teachings received there were wonderful, emphasizing the philosophy of Spiritualism rather than the phenomena.

The lessons were taken down in shorthand by a stenographer in the group and passed out each week in complete form to members of the class. There were about sixteen of us in the beginners' group, and Reverend Pirtle conducted a more advanced class on another night. Thus there are many who have received these same beautiful teachings.

Our instructor from Spirit was Brother John, as we called him, who came through Reverend Pirtle as she was taken in trance. He had known but little earth life—eight hours—having gone to spirit that shortly after birth. He is a very high soul but is not an ancient teacher. His sister lives here in Long Beach and is a beautiful healer and trumpet medium.

Then most glorious to me was my adoption by Morning Sun, the healer, and thus my name: Mulna. Chief Morning Sun is the ancient East Indian sun worshipper who heals through the instrumentality of Reverend Pirtle. I love to hear him talk in his native tongue; but he can speak English, too, though brokenly. Morning Sun lived on a castle island over 700 years ago. He informed us the island is no longer in existence, having been buried by water now for more than 100 years.

Morning Sun promised to look after me throughout my life on earth, and he named me "Mulna," meaning "Little Sun" in East Indian. That is the name I have chosen to be known by in my writings and lectures throughout life.

This great soul always comes to me shedding a light as bright as the sun in the eastern sky could ever be. Often at night he soothes me to sleep, and in the mornings he awakens me with a bright ray across my bed. All of us who are in contact with Reverend Pirtle are constantly comforted by her dear Morning Sun. I have seen him many times, and he is indeed a remarkable sight: seven feet tall, dark skinned, white robed, strong, yet gentle.

In the same class I became acquainted with my spirit writer, Marguerita, who has inspired me in literary values since the age of twelve. She, too, is a beautiful soul. She lived in France years ago as a teacher of Truth. She is of Grecian parentage, born in early Greece; and from there she entered France. Her writings are illuminating. Sometimes I can scarcely see the page upon which I am directed with my pen because the brilliance there is so radiating, and she leaves me with a feeling of spiritual ecstasy. There I find a soul affiliation. Together we are planning to put our first book of verse on the market, and are succeeding beautifully in our plans.

To climax all of my past experiences I was healed by Spirit just a little more than a year ago. In October, 1936, I was involved in an accident where I fell from the running board of an automobile. It was my spirit friends who tried in vain to get me safely inside the car; for they could see ahead—I could not. But others in the physical whom I happened to be with obstructed my attempts to climb inside, and thus I fell and resulted with a badly fractured skull, a punctured ear drum, a broken blood vessel, and a partially fractured jaw. Physicians predicted I would be bedridden for six or seven weeks at the least because of my ear. Through the Spirit World, and my faith in God, I astonished physicians and was walking around, perfectly well, in four weeks' time.

This I have exemplified for you in order that you receive my testimony as to the healing powers that be. I am only one in millions who have experienced the same.

(*Continued on page 29*)

The Rescue of the Dolphin — (*Continued from page 23*)

will be of as much benefit as he has caused harm.

Another Greek legend narrates that Neptune was very much in love with the goddess Amphitrite and greatly desired to marry her. This goddess, however, had taken a vow of perpetual celibacy, and consequently refused his proposal. Neptune, after pursuing his courtship in vain, finally called to him the Dolphin and told him his difficulties. Acting as a mediator, the Dolphin succeeded in persuading the goddess to marry the sea-god, and as a reward was placed in the sky as one of the constellations.

Neptune in astrology is the octave expression of Venus, the planet of love. The love he rules is not the ordinary Venus type, but an expression which is devoid of the physical element; an ideal love which, rather than express in physical marriage turns to celibacy. Yet when those who thus love are able to sublimate their affections so that they express as a complete circuit of energy which flows between the two, blending completely their thoughts and feelings, as pictured by the ribbon binding the two fish which Neptune rules, they are more truly married, in the inner sense than those who enter merely physical matrimony.

Life in its various expressions tends to move from lower levels of expression to higher levels of expression. This is not merely true of the aims of action and the acquisition of ideas, but is equally true in emotional expression.

According to the findings of psychology, the normal love life passes through well defined evolutionary stages, moving from an expression which is suited to the infant's capacity to such heights and complexity as the individual is capable. These successive levels are now so well recognized that they each have been given definite names by which they commonly are recognized in psychological literature.

The infant's affectional interest quite naturally centers about himself. This level of the emotional life is called the Narcissus stage. As the infant develops there is a transference of his love from himself to a parent. This level is called the OEdipus stage. The third level is when the growing child transfers his affections from members of the family circle to some person of the same sex outside the family. This stage usually just precedes the change at the end of adolescence. The fourth transference, which normally occurs as the youth approaches maturity, is toward some member of the opposite sex. This stage is the level of marriage. The fifth transference should not be from husband or wife, but merely a widening of the affectional interests to include the children, which normally are now a part of the family.

Neptune, however, when its influence is powerful in the birth-chart, is never content with this fifth level, or state of affectional expression. Up to this point Venus has dominated the love life; but it is here, if progress is to continue, that Neptune exerts his power.

The children grow up, marry, and have homes of their own. Thus the sixth level of expression of the love life expands the affectional interest to embrace humanity at large, and causes the individual to work as if he were responsible for its welfare. And if the proper transference is made, husband and wife are not less in love, but more so. Yet the physical aspect of union has been left behind and instead, an inner exchange of energies takes place. This is the regenerate union, which is excluded by physical union.

Therefore, when the Dolphin persuades the goddess who has taken a vow of perpetual celibacy to unite with Neptune, it is indicated that after man has passed through the tomb he can rejoin his mate; but that unless he remains in the lower spheres of the astral world, his affectional expression will not be similar to physical marriage, but will be that complete blending of finer forces which is even more satisfying and which when accomplished on earth is termed regenerate marriage.

Is seems, according to still another Greek story, that Arion, the famous lyric poet and musician, who was a native of the island of Lesbos, went to Italy with Periander, tyrant of Corinth. There he attained both high honor and great riches through following his profession.

After making such a success, it was quite natural that he should desire to return to his old home for a visit and he embarked on a ship to make the journey. The sailors on the ship, learning of his wealth, determined to murder him and get possession of it. But just before they put him to death they granted him a last request; that he might play on his lute. The music attracted a number of Dolphins and as soon as he was sure these were present, Arion jumped from the vessel into the sea and one of the Dolphins immediately took him upon its back and carried him safely to land.

Paralleling this, there are those of the invisible world who, if we will but tune our thoughts to them will be ready to help us make the adjustment to the after death life. Those who die in terror, those who with no preparation meet sudden death and those who are unduly attached to physical things, often are difficult to help for some time after their passing.

The thought-forms built by their fear may be so strong that those whose duty it is to help them to realize that they are quite safe may be unable for some time to impress their consciousness. In sudden death, the person may not know he is dead and may resist the attempt to convince him of his true condition. Or if he is earth-bound he may refuse to move from the vicinity

(*Continued on page 32*)

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My Experience

(*Continued from page 28*)

In my years of recognized communion with the Spirit World, I have conversed with such well known personalities, now illuminated souls, as George Washington, Abraham Lincoln, Joan D'Arc, Marie Corelli, Ella Wheeler Wilcox, Cheiro, Sir Arthur Conan Doyle and a host of others. I do not say they return to earth; I do not say they come back to us, for they never leave! It is only we, ourselves, who part from them by our own blindness.

My goal in life is based on Spiritualism — correctly taught — for the world; so that you out there, whoever or wherever you are, will look for the truth about Spiritualism instead of being prejudiced against it by a few who practice fraud under its pure banner.

In this way may generations to come find Life Everlasting, and the astral world will be relieved of souls who need enlightenment. They will have found it while in earth existence.

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The Denial of Matter — (*Continued from page 8*)

That shell which we call body in itself has not even nature intelligence. We are told that the hair and nails continue to grow but that is only for a short time. It does not even respond to the warmth and generating influence of the Sun and planets. It has become red earth again.

Many will say, true, but can God be manifested without Nature or matter? And we must answer in the negative, for in this world kingdom Eternal Nature is the cause to manifestation. A positive cannot be explained without a negative. Light would not be distinguished without darkness and yet what is darkness? Electricity is not seen until it meets its ground or negative. God is not manifested without man yet there can be no man without God. Therefore how can there be more than One Being, Essence or Substance, and that Spiritual?

A few words here from Hermes Trismegistus may not be out of place, for in them we find the consubstantial union of Divine Mind and the so-called Mortal Mind. He states:

"For the Mind being God, Male and Female, Life and Light, brought forth by His word, another Mind, the Workman: Which being God of the Fire, and the Spirit, fashioned and formed seven other Governors, which in their Circles contain the Sensible World, whose government or disposition is called Fate or Destiny.

"Straightway leaped out, or exalted itself from the downward born Elements of God, the Word of God into the clean and pure workmanship of Nature, and was united to the Workman, Mind, for it was Consubstantial; and so the downward born Elements of Nature were left without Reason, that they might be the only Matter.

"But the Father of all things, the Mind, being Life and Light, brought forth man, like unto himself, whom he loved as his proper Birth, for he was all beauteous, having the Image of his Father."

We realize this question cannot be reasoned out and understood without a knowledge of all three kingdoms, which again are only one kingdom, but from these studies we can learn the source of the Idea that All is Spirit.

In the Christian Science version only one Principle or kingdom is considered which would be that of Jacob Boehme's Second Principle or of God's Light World. The kingdom of nature is not considered. And who will say that we as Spiritual Beings should consider any other but our Father's Kingdom in our Life manifestations? If it cures all sickness and disease to hold in the Mind, in God, that he is the ONLY power, why delve into the Kingdom of Nature which even Jacob Boehme refers to as the Spirit of Error?

If as Jacob Boehme says, "Take away Nature and Creature and then God is All," why not have this attitude of Mind. After all do we learn from nature upward or do we learn from God downward? In other words, if man "fell" by his contact with Nature, why not remain Spiritual; why accept matter or nature as any part of our Spiritual World?

Jacob Boehme explains the Prima Materia or First Matter of Evil in his Three Principles. Note he says matter of evil. Matter is constantly referred to by the old scholars as being without reason, and evil; the spirit of error or the contrarium, a divisibility of the One. Now the question seems to be, can the absence or opposite of the One Principle be Spiritual or have Life, Intelligence or Substance? Quoting Boehme, we find:

"Indeed there is no difference in God, only when it is required from whence evil and good proceed, it is to be known what is the first and original fountain of anger and also of love, since they both proceed from one and the same original, out of one mother and are one thing. Thus must we speak after a creaturely manner as if it took a beginning, so that it may be understood.

"For it cannot be said that fire, bitterness or harshness is in God, much less that air, water and earth are in Him; only it is plain that all things have proceeded out of that Original. Neither can it be said that death, hellfire or sorrowfulness is in God, but it is known that these things have come out of that original. For God has made no devil out of Himself, but angels to live in joy to their comfort and rejoicing; yet it is seen that devils came to be and that they came to be God's enemies. Therefore the source or fountain of the cause must be sought, viz., what is the Prima Materia, or First Matter of Evil and in the Originality of God as well as in the creatures, for it is but all one thing in the Origin; All is out of God, made out of His Essence (being or Substance) according to the Trinity, as he is one in Essence and threefold in persons."

This subject leads to volumes of wisdom and the student would do well to study Boehme on how the Science of God is introduced into Nature. The

(*Continued on page 31*)

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How I Began to Paint — (*Continued from page 11*)

velous dream put the necessary spurs to my ambition. Sleep had now flown to be supplanted by a seething flock of thoughts. What should I do? How could I paint? When could I find time? One needed money, a studio, paints, time for such a pursuit. The longer I reflected upon the seeming impossibility of realizing my dream the more poignant did my sorrow become. But solace stepped in with the morning sun in the shape of a strong vibrant thought. "All things spring from the center of the Self," something seemed to whisper to my weary mind. "I must have firm belief in myself," I answered this secret whispering. "I must experiment and find out what latent forces dwell in me," I went on arguing stubbornly. "The wherewithal will come. It will surely come," said my optimistic self. Vague murmurs of my soul urged me on, egged me to do that which I yearned to do. It was thus that later in the day I went out to gamble with my hard-earned skimpy savings. My footsteps took me to the nearest art-store where I reveled in the thought of possessing the whole shop while I conscientiously selected the lowest-priced material. Armed with these treasures I hastened back to my one-room home and locked myself away from the world. *Then I began to paint!*

In frantic haste I painted, sketching as I went along the pictures that came my way in their steady passage before my mind. They were not, however, in any way connected with animals nor any of the scenes witnessed in my recent dream. Painting pictures of animals had never had any attraction for me. Upon closer reflection, the animal paintings of my dream were no doubt symbolic in nature. Urged by an unseen force, I now depicted the most wonderful castles poised on lone islands. Doubtless this urge might find its explanation in atavism, since castles were a part of my ancestry and even exist to this day for prospective heirs to fight over. But at that time I was oblivious to all around me, dead to the material world, save the contact with the material which helped produce my sketches. I was submerged in ecstatic creation. The fact that I was actually producing something which my own eye could recognize as fairly passable and that, in particular, I was forcing my brush to bring forth colors which thrilled my soul, sufficed to make me forget the world. At last my fund of motives seemed to recede and my craving having been gratified for the time being I set myself to enjoy the rapture of gazing upon my own creations. There were dozens at my disposal, reminding me somewhat of the plentifulness of pictures in my dream. I never could have dreamed, however, that such a wealth of unbuilt and unsketched castle-complex ever dwelt within my world of imagination. But crude as they were, at the time, no doubt they produced in me an indefinable sublimity of emotion. This was, I suppose, in consequence of the unburdening of a psychic weight. It led, however, to other things of greater importance to me as has become evident in later years. This was my first day's experience in the art of painting, with my inner Self as an invisible instructor. Most unfortunately, I destroyed all my castles as soon as I had made some progress in the world of art. Psychologically, if for no other reason, they would have been of interest. But more were to follow and of even greater interest!

Gradually I came to appreciate the value of the nightly meditation in connection with my painting. Let me say here that by meditation I mean the definite concentration on some given thought or problem to which solution is sought, the concentration being accompanied by certain words just as if in the act of repeating a prayer. It became a habit with me to meditate just before falling asleep—silently or out loud if conditions permitted the latter. I would take some certain problem in connection with life that puzzled me. I would then repeat certain words or sentences over and over again in connection with this problem. I would direct this petition to the universal forces or to the Spirit of some planet, or to the Christ principle in my heart. It would all depend upon the knowledge I was seeking. I found that as a result my dream-world became definitely and clearly instructive. It especially appeared to bring me into contact with these same three white-robed figures during the first year of my painting experimentation. When I became firmly convinced that I was going to paint fearlessly, regardless of what the world might say, these three ancient men vanished forever, much to my regret. I have not had the pleasure of meeting them for the past twelve years, although I have contacted other beings who have been helpfully instructive in the dream world and which instruction I invariably find in my waking state to be applicable in some direction or other.

(*More about this marvelous psychic experience next month.*)

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The Denial of Matter

(*Continued from page 30*)

writer personally feels that All is Spirit and the First Cause of everything is Mind. God is Power. Power in Love, first, then in Wisdom and Understanding. The vibrations of His Spirit pervade and animate all things and who can find any dividing point and say, this is Spirit and that is matter?

Do not Boehme's further words, "All Power and Properties lie in the Unbeginning God Jehova in the Temperature" and the further explanation that "in this Science or root, or indrawing desire, the Eternal Nature begins, and in Nature, substance begins; understand a spiritual substance," indicate that all is Spiritual.

It seems that only in the divisibility or explanation of this Idea is there any difference of opinion. All are one in the Truth. We leave the answer to our readers, closing with the words of Hermes, "And there is not any thing of all that hath been, and all that is, where God is not."

Instinct an Intuition in the Animal Mind — (*Continued from page 10*)

In view of the foregoing it appears to me that if a community or district having more or less clearly defined natural boundaries gives off a distinctive vibration—a composite of all the vibrations radiated in the district—that these vibrations might set up in the bird or animal familiar with that district something like an urge to go in the direction from which this vibration emanated. I have never known of such a theory being advocated, nor have I ever heard of any experiments along this line, but it would account for the ability of the pigeon to find its way home over unfamiliar terrain to its familiar cote, and for the storks before mentioned to find their way from Palestine to Poland. They would only have to act on the urge set up by the vibration, to follow the radio beam to its source.

This hypothesis seems to be verified in a measure by experiments with bees of which I read recently. Several bees (twenty I believe) were placed in a sack and taken some miles beyond their usual range and released. If I remember correctly, about eighty per cent of them found their way home. Another batch of equal number were then placed in a sack, taken an equal distance from home, whirled around and around a number of times and then released. Of this second batch only a small number —about eight per cent—found their way home, and then only after considerable time had elapsed. It would appear that whirling them around for a time before releasing them had destroyed their sensitiveness to the vibrations from the home colony so that they were unable to orient themselves sufficiently to find their way home. All these bees were marked (I have forgotten how) so that the gentleman making the experiment could hardly have been mistaken.

The swallows of the old mission of San Juan Capastrano here in California, introduce another complication into the problem. These swallows nest habitually in the old mission. Every fall they leave for some place, the location of which is not known. The peculiar part of it is that they leave on the same day of the month every year and return on the same day of the month in the spring. This phenomena has been observed and recorded by the Padres of the old mission for fifty-seven years. Evidently these swallows are in some manner able to reckon time far more accurately than are human beings without the aid of a calendar, and it is difficult to account for this by any theory of animal intelligence so far advanced.

This vibration theory is founded on known facts, but it does not give a complete answer to the question of how birds and animals find their way over great distances. There is the salmon for example that are spawned in fresh water, generally in a small stream far inland. At an early age they go out to the open sea, and they do not return to spawn until maturity, at four years of age. Yet it has been demonstrated that they return to the very stream in which they were spawned, and that stream could hardly set up a vibration in which there was anything familiar enough to induce them to return to it. To attempt to formulate an answer to this problem is to open a wide field for speculation and conjecture; but there must be an answer somewhere, if it can be found, and we will seek this answer in an extension of the vibration idea.

As nearly as science has yet been able to determine, all matter is resolvable into electrones and protones; negative and positive charges of electricity. That is an atom, which composes all matter composed of one positive charge of electricity, or protone, and of a varying number of negative charges, or electrones. The number of electrones in an atom determine its character: that is, what material it is, and every atom of different kinds of material have a distinct vibration: a different frequency or rate of vibration. This is true not only in regard to the earth, but throughout the entire universe as well as has been determined by means of spectrum analysis. This would make it appear that the universe is, primarily, electricity or something very nearly akin to it. In other words, the universe is *vibration* since electricity is practically pure vibration. This is a *physical* fact, in so far as present day science has been able to determine. Vibrations, then, appear to be not only Cosmic force, but Cosmic substance also; they are the reality, while the material is the shadow. If this be the case, then it is easy to understand that these vibrations must contain everything in the universe, potentially, including all knowledge and all consciousness: most certainly they would contain directional vibrations of some sort. I do not mean by this that these vibrations would be individual for every bird, beast or man. Cosmic vibrations are universal, not individual. What I do mean is that there would be some kind of directional vibration that the individual bird or animal could, in some manner, interpret and use for its own individual needs.

This hypothesis may appear far fetched, and possibly it is. It is difficult to see, however, how some actions of birds and animals can be accounted for in any other manner. Moreover, this theory of vibratory influence, whether it be terrestial or Cosmic, on this type of animal action brings such action definitely within the same category as that of what, in the human consciousness, we are accustomed to call *intuition.*

Rescue by the Dolphin — (*Continued from page 29*)

of the earth to a more congenial environment.

Commonly the individual after leaving the physical body falls asleep. This may be a long sleep as in the case of an earth-bound soul, or it may be but a moment's lapse of consciousness. But during it the individual moves in his astral form to the level and place where his new birth takes place. This is not the environment where later he will find himself, but a transitional region. It is here he awakens into a knowledge that he has entered a new life.

Like the Dolphins which assisted Arion, on that plane of existence there are those whose occupation is to assist in his birth and to help him begin to adjust himself to the new conditions by which he now finds himself surrounded. There are large organizations there devoted to such work, and also there are free-lance workers; for the environmental circumstances of birth into the next plane are as varied as those of the physical.

In the case of some great disaster, for instance, there may be an emergency relief station established on the other side which is able to use the collective vibratory rates and energies of the whole group to keep those departing from the physical together and bring them to the station, which may be very close to the earth. The newly arrived persons are thus permitted to grow accustomed to the new condition gradually, before each gravitates to his own level and the environment where his thoughts attract him.

His home on the inner plane is the type of environment which he has built for himself by his thoughts while on earth. It may be a place of great beauty and harmony. On the other hand, if his thoughts have been filthy, so will his astral home reflect filth. If he has been cold and heartless, squalor will mark his after-life home until he gets a more expansive attitude.

The text associated with Delphinus therefore is: Man, by His Thoughts, His Emotions and His Actions on Earth, Builds for Himself a Home in a Higher Realm where He will Dwell After Passing from the Physical Plane.

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